

Do you experience  
back and leg pain  
when you stand or walk?

Have steroid injections  
stopped working?

GET BACK ON  
YOUR FEET WITH

*mild*<sup>®</sup>

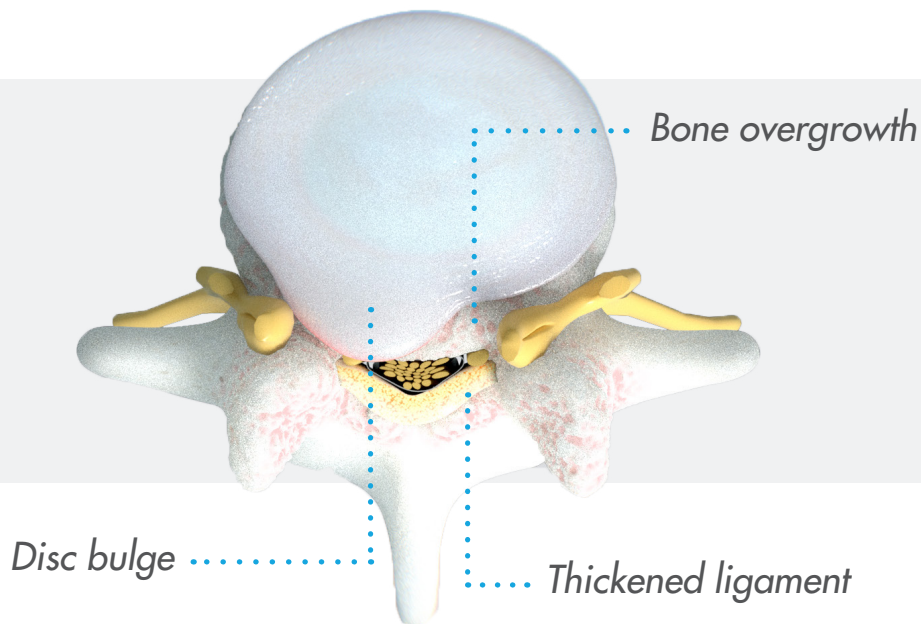


# Do You Have Lumbar Spinal Stenosis?

Lumbar spinal stenosis (LSS) is a condition in which the lower spinal canal narrows and compresses the nerves in the lower back. People with LSS typically experience a variety of symptoms that affect daily life, including pain and limited mobility.

## About LSS

Aging and natural wear and tear on the spine can cause conditions that put pressure on the spinal nerves:







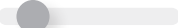


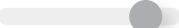




Do you feel  
**PAIN,**  
**NUMBNESS,**  
tingling, or heaviness  
when standing/walking?



Are your symptoms  
**RELIEVED**  
by sitting, bending  
forward, or sleeping  
curled in the fetal position?

# Your Next Step May Be *mild*®

The following chart compares several options that are typically recommended for LSS patients when conservative therapies (e.g., physical therapy, pain medication, chiropractic) are not providing adequate relief. Every therapy has risks and benefits. Only you and your doctor can decide which option is best for you.

	Epidural Steroid Injections	<i>mild</i> ® Procedure	Spacer Implants	Open Surgery (Fusion, Laminotomy, Laminectomy)
Complication Risk	 Extremely Low	 Extremely Low	 Moderate	 Moderate/High
Implants & Stitches	No	No	Yes	Yes
Recovery & Post-Procedure Restrictions	 Minimal	 Minimal	 Moderate	 Moderate/Severe
Typical Duration of Results	 Temporary	 Lasting	 Lasting	 Lasting



The only treatment with a safety profile similar to an injection, and the lasting relief expected from back surgery.<sup>1</sup>

# *mild*<sup>®</sup> Removes the Problem & Leaves Nothing Behind

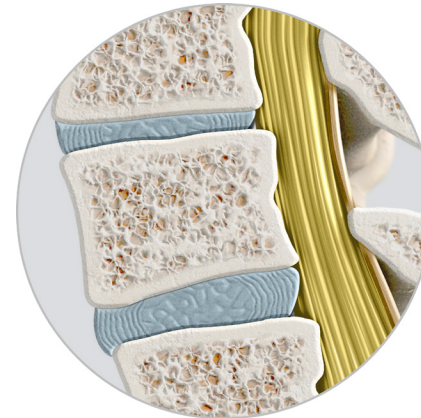
Up to 85% of spinal canal narrowing is caused by thickened ligament. *mild*<sup>®</sup> addresses this major root cause of LSS by removing excess ligament tissue using specialized tools and imaging and leaves no implants behind.<sup>1</sup>

Before *mild*<sup>®</sup>



Excess ligament causes pressure on the nerves in the lower back.

After *mild*<sup>®</sup>



Similar to “removing a kink in a drinking straw,” *mild*<sup>®</sup> reduces the compression to restore mobility and relieve pain.<sup>1</sup>

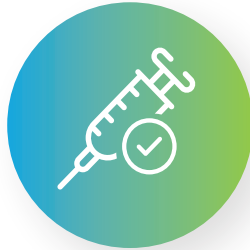
Unlike some major surgeries, *mild*<sup>®</sup> doesn't eliminate future treatment options – because with *mild*<sup>®</sup>, no major structural anatomy of the spine is altered.

# What to Expect on the Day of Your *mild*<sup>®</sup> Treatment

The *mild*<sup>®</sup> Procedure is designed to get you in and out and on your way.



Short outpatient procedure



Safety profile similar to an epidural steroid injection<sup>1</sup>



Can be performed using local anesthetic and light sedation



Incision smaller than the size of a baby aspirin  
*No implants left behind, only a Band-Aid*

Patients typically resume normal activity within **24 hours** with no restrictions<sup>1</sup>



# A *mild*® Procedure with Proven Results

Every year, thousands of LSS patients are able to stand longer and walk farther with less pain thanks to *mild*®. With an **85% patient satisfaction rate**,<sup>2</sup> studies show that *mild*® continues to improve patient functionality over time.<sup>1</sup>



Stand  
**7x**  
Longer

Over one year, average standing time increased from **8 to 56 minutes** with less pain<sup>1</sup>



Walk  
**16x**  
Farther

Over one year, average walking distance increased from **246 to 3,956 feet** with less pain<sup>1</sup>



*mild*® helped **88% of patients avoid back surgery** for at least 5 years while providing lasting relief.<sup>3</sup>

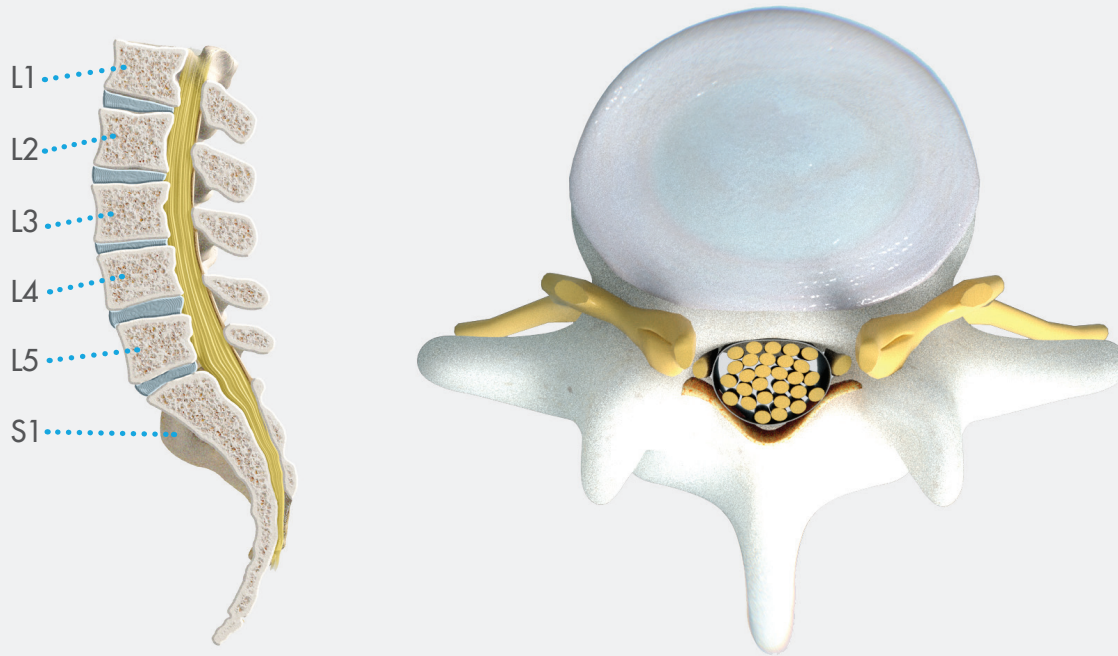


The *mild*® Procedure is covered nationwide by Medicare (all ages, all plan types, including Medicare Advantage) the VA, U.S. Military & IHS. Commercial coverage varies.

**Talk to your doctor to obtain coverage specifics for your plan type.**

# What Does Your Imaging Show?

This section is provided for your healthcare provider to indicate where you have stenosis and to demonstrate any issues contributing to your spinal canal narrowing.



Notes:

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# mild<sup>®</sup>

The only treatment with a safety profile similar to an injection, and the lasting relief expected from back surgery.<sup>1</sup>

If steroid injections have stopped working, your next step may be *mild*<sup>®</sup>

To learn more and hear from patients like you, visit [mildprocedure.com](https://mildprocedure.com)



Watch our Patient Education Video

<sup>1</sup>Jain, Pain Manag., 2020. <sup>2</sup>On file with Vertos Medical. <sup>3</sup>Mekhail, Pain Practice, 2021. View outcomes, data, full citations, and safety information at [mildprocedure.com](https://mildprocedure.com).