



“With such an attentive surgeon’s office and all the great help from my ConnectCare3 Nurse Navigator, all my questions were answered and I was able to undergo this surgery without the least bit of hesitation.”

Bruce Porter | Surgery

I am in my fifties, a young man by my standards, and want to stay active as long as I can. I had elbow surgery in 2011. At the time of that surgery, I was also experiencing neck and shoulder pain but knew I had to get my elbow issue resolved first. An orthopedic surgeon recommended the pain management route for my neck and shoulder pain. The injection gave me relief; so much relief that I laid a new tile floor. That apparently wasn’t good for me, and I found myself in as much pain as before, but the new floor sure looked nice! That following July I was frolicking in the ocean and a wave slammed me into the sand. My head started to swell, and I went to the ER in terrific pain. I received another steroid injection for my neck and shoulder pain. Over the next year I experienced a lot of pain in that area, had limited range of motion, muscle spasms, and lightheadedness. During the day I was keenly aware of every movement. At night after dinner I would spend the remainder of the night with ice on my neck, trying to dull the pain. The much anticipated summer season was upon us, and I didn’t even want to put our boat into the water. I basically hurt all the time, so my physician administered a third steroid injection. Nothing improved, and it was at this time that I called ConnectCare3.

My symptoms had been managed conservatively for two years with steroid injections and physical therapy, but it was clear that the non-surgical treatments weren’t going to be enough. My pain management physician had recommended a neurosurgeon to me, and ConnectCare3 also presented me with some well-researched options. I

made an appointment to see the physician recommended by my pain management physician, with the plan that I would seek a second opinion from a neurosurgeon suggested by ConnectCare3. The diagnosis from both: I needed an Anterior Cervical Discectomy and Fusion, a surgical procedure to correct a herniated disc.

The neurosurgeon offered as an option by ConnectCare3 proposed the more comprehensive approach which included close monitoring after surgery, occupational therapy and physical therapy in order to start regaining some mobility. His office assigned a caseworker that would take care of all my needs including a visiting nurse, in-home physical therapy, and the necessary medical equipment (elevated toilet, neck brace, etc.). I was so impressed with their attention to detail and follow-through.

During my follow-up appointment with my neurosurgeon he checked my range of motion and strength and was extremely pleased. I no longer have any restrictions on what I can lift or do. Now I’m looking forward to getting our boat out this summer, something I didn’t feel up to last year.

With such an attentive surgeon’s office and all the great help from my ConnectCare3 Nurse Navigator, all my questions were answered and I was able to undergo this surgery without the least bit of hesitation. ConnectCare3 did all the research for me and found an excellent neurosurgeon. I am so grateful for such a good outcome and am now doing my part by working out at a gym and doing exercises to strengthen my neck. Life is good!