

KERALASPINE.COM

# Kerala's Trusted Home for Spine Care

keralaspine.com is where patients across Kerala come for honest, evidence-based spine care. Under Dr. Fazal Rehman, minimally invasive and robotic-assisted techniques are used only where they truly help — with conservative, non-surgical care always considered first. This deck walks through four questions patients ask most often: non-surgical options, what recovery really looks like, sciatica relief, and cervical disc replacement.



# Non Surgical Spine Treatment Kerala

*Physiotherapy, injections and posture correction — how conservative spine care is approached in Kerala before surgery is ever discussed.*

Most back and neck pain never needs an operating table. A structured mix of physiotherapy, targeted injections, activity pacing and posture correction resolves the majority of spine complaints when treatment starts early. At keralaspine.com, every patient is examined thoroughly first — surgery is kept as an option, not a starting point, and is only suggested once conservative care has genuinely been given a fair chance.

- ✓ Physiotherapy and core strengthening plans
- ✓ Image-guided pain-relief injections
- ✓ Posture, ergonomics and activity coaching

[Read Full Article →](#)



# Spine Surgery Recovery Time

*What to realistically expect after spine surgery — from the first steps out of bed to a full return to daily routine.*

Recovery timelines depend heavily on the technique used. Open surgery can mean weeks of restricted movement, while minimally invasive and robotic-assisted procedures usually get patients up and walking within a day and back to light routine in two to four weeks. What shortens that window even further is a clear, structured plan — guided physiotherapy, realistic milestones and regular follow-up rather than guesswork at home.

- ✓ Walking within the first 24 hours
- ✓ Physiotherapy-guided rehabilitation plan
- ✓ Scheduled reviews at 2, 6 and 12 weeks



[Read Full Article →](#)

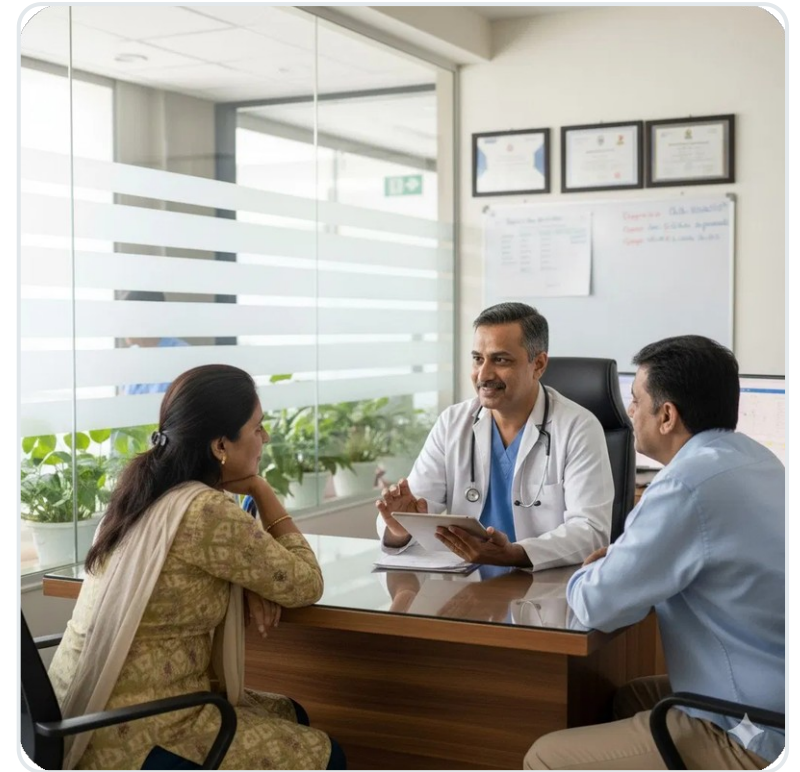
# Sciatica Treatment Kerala

*Shooting leg pain from a compressed nerve root, and the staged treatment approach patients follow in Kerala.*

That shooting pain running down the leg usually starts at a compressed nerve root lower in the spine, not in the leg itself. Sciatica generally responds well to a staged approach — pain management, physiotherapy and nerve mobility work come first, with minimally invasive decompression kept in reserve for cases where numbness or weakness persists. Patients from Kozhikode and neighbouring districts consult Dr. Fazal Rehman for an accurate diagnosis before any treatment begins.

- ✓ MRI-based diagnosis of the exact cause
- ✓ Nerve root injections for faster relief
- ✓ Micro-decompression only when truly needed

[Read Full Article →](#)



# Cervical Disc Replacement Kerala

*How a worn neck disc can be replaced rather than fused — preserving natural movement through a robotic-assisted approach.*

When a worn or herniated disc in the neck keeps pressing on a nerve, an artificial disc can replace it while preserving natural neck movement — unlike spinal fusion, which locks the segment in place permanently. Performed through a small incision with robotic assistance, cervical disc replacement is planned to reduce surgical trauma, shorten the hospital stay and help patients return to normal neck mobility sooner.

- ✓ Motion-preserving artificial disc implant
- ✓ Small-incision, robotic-assisted technique
- ✓ Shorter hospital stay, faster mobility



[Read Full Article →](#)



# Let's Get Your Spine Moving Again

*Book a consultation with Dr. Fazal Rehman — Minimally Invasive & Robotic Spine Surgeon*



Dr. Fazal Rehman



keralaspine@gmail.com



+91-9567603008



[www.keralaspine.com](http://www.keralaspine.com)



Starcare Hospital Junction, near Thondayad, Thondayad, Kozhikode 673017, Kerala, India