

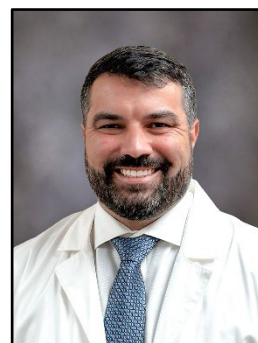


August 4, 2026

Dr. Ryan Sankovic Offering Minimally Invasive Treatment to Relieve Chronic Back and Leg Pain

People with chronic lower back and leg pain from lumbar spinal stenosis now have a specialized outpatient treatment that can help restore mobility and quality of life – without major surgery.

Ryan Sankovic, M.D., a double board-certified specialist in Physical Medicine and Rehabilitation and Pain Medicine at Salem Regional Medical Center (SRMC), is offering the *mild*® (Minimally Invasive Lumbar Decompression) procedure. This innovative treatment targets lumbar spinal stenosis, a condition in which a narrowing of the lower spine pinches the surrounding nerves causing symptoms such as pain, numbness, and a heavy sensation when standing or walking.



Dr. Sankovic

"For patients who have not found lasting pain relief from other therapies, the *mild* procedure is an excellent alternative," Dr. Sankovic said. "This minimally invasive technique is successfully allowing many patients to restore their independence while avoiding major back surgery."

How it Works

"The *mild* procedure is performed through a tiny incision in the lower back that does not require stitches," he explained. "Using special tools, I clear out the pinched area by removing small pieces of bone and excess ligament tissue to ease the painful pressure on the nerves. As a result, patients are able to stand straighter, stay on their feet longer, and walk significantly farther without discomfort."

"The procedure takes less than one hour to complete, and patients go home the same day," Dr. Sankovic continued. "Recovery time is typically only a couple of weeks. My patients are often amazed by how quickly they experience less pain and improvement in their mobility."

Manufactured by Stryker, *mild* is FDA-approved and widely covered by Medicare and Medicare Advantage plans, as well as some private insurance plans.

Make an Appointment

For more information about the *mild* procedure or to schedule an appointment with Dr. Sankovic, contact SRMC Comprehensive Pain Management at 330-482-3762. The office is located in the SRMC Surgery & Outpatient Pavilion at Firestone Farms, 400 Town Center Avenue, Suite 301, in Columbiana.