Jessica Aidlen MD
Specializing In Minimally Invasive Spine Surgery

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Newton-Wellesley Spine Center's Dr. Jessica Aidlen Expands Access to Motion-Preserving Lumbar Disc Replacement in Massachusetts

Procedure helps patients maintain mobility, recover faster, and may help reduce the risk of certain long-term complications



Newton, MA**, **November 3, 2026 – Newton-Wellesley Spine Center is proud to announce that **Dr. Jessica Aidlen**, a leading spine surgeon in Massachusetts specializing in motion-preservation technologies, is now offering Lumbar Total Disc Replacement (TDR) utilizing **prodisc®**, the longest-running total disc replacement technology platform developed by **Centinel Spine**. This advancement expands access to state-of-the-art, motion-preserving spine solutions for patients across the region.

Dr. Aidlen has established a reputation as a statewide leader in minimally invasive and motion-preserving spine procedures, and her adoption of the pro**disc®** lumbar system reflects her continued commitment to providing patients with innovative, evidence-driven care.

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A Motion-Preserving Alternative to Fusion — Powered by prodisc®

Lumbar Total Disc Replacement with pro**disc® L** is designed to replace a painful, degenerative disc with a biomechanically engineered implant that supports natural spinal motion. Unlike spinal fusion, which eliminates movement at the treated level, TDR preserves mobility and may reduce the risk of adjacent-level degeneration.

Key patient benefits of prodisc® lumbar disc replacement include:

- Preservation of natural range of motion
- Sustained pain relief and improved functional outcomes
- Faster recovery compared to fusion procedures
- Reduced stress on adjacent vertebral levels
- Proven technology backed by more than 35 years of clinical experience

Designed with a consistent motion-preserving approach across both cervical and lumbar platforms, **prodisc®** continues to set the standard for long-term outcomes and reproducibility.

Expert Perspectives From Dr. Jessica Aidlen

"Motion-preserving technologies like pro**disc®** allow us to treat disc degeneration without sacrificing the spine's natural biomechanics," said **Dr. Aidlen**, Orthopaedic Spine Surgeon at Newton-Wellesley Spine Center. "For the right candidate, lumbar disc replacement can provide excellent long-term outcomes while maintaining natural movement."

She adds, "Centinel Spine's pro**disc®** platform has an established track record in total disc replacement. It's exciting to bring this level of proven innovation to patients throughout Massachusetts."

Dr. Aidlen emphasized the importance of appropriate patient selection: "While not every patient is a candidate for lumbar disc replacement, those who are can experience meaningful, long-term improvement. Offering pro**disc®** technology at our center ensures patients have access to one of the most well validated solutions in modern spine care."

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A Massachusetts Leader in Motion Preservation

In addition to lumbar disc replacement, Dr. Aidlen is widely recognized for her leadership in cervical and lumbar motion-preserving treatment strategies. The integration of Centinel Spine's pro**disc**® technology further reinforces Newton-Wellesley Spine Center's role as a trusted destination for advanced spine care in New England.

For patients seeking a faster return to an active life-style, pro**disc®** may be an effective treatment option when clinically appropriate. Patients can learn more about Dr. Jessica Aidlen, the total disc replacement procedure, and pro**disc®** by calling **617-831-7082** or by visiting www.draidlenspinesurgery.com.

About Dr. Jessica Aidlen and Newton Wellesley Spine Center

Dr. Jessica Aidlen knew from an early age that she wanted to have a career as a surgeon and was very driven by her interest in science and medicine, particularly with the idea of restoring function. She went on to study biochemistry at LeMoyne College, where she also played Division II soccer, and graduated summa cum laude. From there, she completed medical school at the University at Buffalo, where she was very active in working with their prestigious Department of Orthopaedics doing research in sports medicine and joint arthroplasty. She completed orthopaedic surgery residency at the University of Massachusetts, and pursued a fellowship in Adult Reconstructive Spine Surgery at Brown University. She is currently the Chief of the Spine Surgery Division at Newton-Wellesley Hospital, as well as the Medical Director of the NWH Spine Center and Spine Consultant for Boston College Athletics. At Newton-Wellesley Hospital, she has led several institutional initiatives to improve access and care for spine patients. In the area of orthopaedic research, she has several peer-reviewed published journal articles in her areas of expertise particularly related to spine surgery. She credits her successes to the many strong professional mentorships that she benefited from. For over a decade, Dr. Aidlen has paid forward the knowledge and guidance she received in the beginning of her career by teaching residents and fellows, with a specific focus on female leadership in a male-dominated field.

Newton-Wellesley Spine Center delivers a comprehensive, multidisciplinary approach to spine care—including advanced imaging, conservative treatment options, minimally invasive

procedures, and cutting-edge motion-preservation technologies. The integration of **prodisc® Lumbar disc replacement** expands the center's ability to tailor treatment plans to meet each patient's unique needs.

About Centinel Spine, LLC

Centinel Spine®, LLC is the leading global medical device company exclusively focused on addressing cervical and lumbar spinal disease with pro**disc®**, the most complete total disc replacement (TDR) technology platform in the world.

The Company's pro**disc®** technology is the most studied and clinically-proven TDR system across the globe, validated by over 540 published papers and more than 300,000 implantations. Centinel Spine's pro**disc®** is the only TDR technology with multiple motion-preserving anatomic solutions, allowing the surgeon to **Match-the-Disc™** to each patient's anatomy for both cervical and lumbar total disc replacement.

For more information, please visit the company's website at www.CentinelSpine.com

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