



Dr. Amit Bhandarkar, MD

Orthopedic Spine Surgeon

Dr. Amit Bhandarkar is a fellowship trained, Orthopedic Spine Surgeon. Dr. Bhandarkar evaluates and treats a wide variety of spine ailments consistent with his comprehensive spine training. His area of focus is Minimally Invasive Spine Surgery, with special interests in Endoscopic Spine Surgery (the least invasive option) for lumbar disc related disorders.

He has been practicing in Southern Illinois for the last 8 years. He has received combined neurological spine and orthopedic spine fellowship training at University of Alabama at Birmingham and Pediatric Orthopedics and Spine fellowship training at New York University. He has further enriched his spine expertise by a fellowship training in endoscopic spine surgery, Seoul (South Korea) Spinal deformity fellowship at Korea University, Travelling spine fellowship in Sendai, Japan. He also has practiced and trained in Spine Surgery and orthopedics in India and in Maldives.

Pain is the most important symptom that Dr. Bhandarkar addresses on a daily basis. He is one of the few spine surgeons who has integrated Pain in his Spine Surgical practice. He is an empathetic, compassionate physician who listens closely to his patients to help focus his efforts to locate their source of pain.

Dr. Bhandarkar confirms those pain generators with objective tests and formulates a minimally invasive plan, which is at the same time maximally effective at keeping patients pain free and functional for as long as possible. Dr Bhandarkar also calls himself an optimally invasive surgeon which means that if the burden of the pathology is such that smaller procedures cannot address or do justice to the problem completely, he may perform more complex surgeries. However, Instead of doing those complex surgeries he may graduate the patient through lesser invasive options to keep the patients' pain and function, optimal.

Dr Bhandarkar has an excellent track record and is one of the few spine surgeons experienced in new cutting-edge spine surgical techniques like endoscopic and Minimally Invasive Spine Surgeries, interventional pain management and neuromodulation.

Dr. Bhandarkar has been a keen researcher and has many international publications and presentations to his credit. He is an ardent believer in evidence-based medicine, and practices only those techniques whose results are reproducible and have been proven effective.

Whether performing complex deformity surgery on children in New York or learning Minimally Invasive Endoscopic Spine Surgery in South Korea, international practice and training has provided Dr. Bhandarkar with an insight into patients' diverse personal backgrounds in a way that helps him relate on a very personal level.



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Visit
our website



Dr. Amit Bhandarkar, MD

- Fellowship in Pediatric Orthopedics and Spine - New York University, USA
- Fellowship in Spine Surgery - University of Alabama, USA
- Fellowship in Spinal Deformity - Korea University, South Korea
- Fellowship in Endoscopic Spine - Wooridul hospital, South Korea
- Kokubun Spine Fellowship - Tohoku University, Sendai, Japan



Our Services

► Diagnosis

The most important service we provide to our patients. We identify the pain generators using history, exam and injections to formulate an appropriate plan for the patient. We ensure that patients receive clear answers regarding the cause of pain, progression of their conditions, and possible treatment options available to them.

► Same Day Spine Surgeries

Our Same Day Spine surgeries allow patients to undergo minimally invasive procedures and return home the same day. These surgeries are designed to maximize recovery and reduce hospital stays, promoting faster healing and return to work for patients.

► Disc Replacement & Motion Preservation

We specialize in disc replacement surgeries that aim to preserve motion and flexibility in the spine. This advanced procedure is ideal for patients with degenerative disc disease, offering an effective alternative to traditional fusion surgeries.

► Pain Management with Injections & Radio Frequency Ablation

Our pain management techniques include precision-guided injections and radio frequency ablation to alleviate chronic spine pain. These minimally invasive treatments provide significant relief and improve quality of life without destroying the anatomy and can prevent the further need for surgery.

► Endoscopic Spine Surgery (Discectomy & Rhizotomies)

Endoscopic spine surgery, including discectomy and rhizotomies, involves using small incisions and a camera to perform procedures. This method reduces tissue damage, decreases recovery time, and minimizes postoperative pain, making it a preferred option for many patients.

► Sacroiliac Joint Fusion

Sacroiliac joint fusion is a specialized procedure to treat chronic pain originating from the sacroiliac joint. By stabilizing this joint, we help patients regain mobility and reduce pain effectively, offering a long-term solution for SI joint dysfunction.

► Revision Spine Surgery

We provide expert care for patients requiring revision spine surgery. Our team addresses complications or failures from previous surgeries, ensuring comprehensive evaluation and treatment to improve outcomes and patient satisfaction.

► Spinal Cord Stimulator Implantation for Chronic Spinal Pain

For patients with chronic spinal pain, or severe neuropathic pain or CRPS we offer spinal cord stimulator implantation. This device helps manage pain by delivering electrical impulses to the spinal cord, significantly reducing discomfort and enhancing daily functioning.

► Peripheral Nerve Stimulators

For patients with nerve pain or neuropathy pain, the patient may get good pain relief with these removable nerve stimulators done as an office-based procedure.

► Lumbar Fusion

Our lumbar fusion surgeries aim to stabilize the spine and alleviate pain caused by conditions such as degenerative disc disease, spondylolisthesis, and scoliosis. This procedure joins two or more vertebrae, providing stability and long-term relief.

► Minimally Invasive Fusions

Minimally invasive fusion techniques offer the benefits of traditional fusion with smaller incisions, less tissue damage, and quicker recovery times. These procedures are ideal for patients needing spinal stabilization with reduced postoperative discomfort.

► Endoscopic Spine Fusions

This is a least invasive technique for fusion with no down time for quicker recovery.

► Dtrax

Dtrax procedures involve minimally invasive techniques to address cervical spine issues. This advanced approach provides relief from pain and restores function with minimal disruption to surrounding tissues, promoting a faster recovery.

► Coflex Stabilization

Coflex stabilization is an innovative, motion-preserving solution for lumbar spinal stenosis. This procedure involves inserting a small titanium device between the vertebrae to maintain motion while providing necessary stability and pain relief.

► Extreme Lateral Interbody Fusion (XLIF) and Oblique Lateral Lumbar Interbody Fusion

XLIF /OLIF is a minimally invasive surgery performed through the patient's side, reducing muscle disruption. It is used to treat various spinal conditions, offering a faster recovery and less postoperative pain compared to traditional approaches.

► ALIF- Anterior Lumbar Interbody Fusions

The best surgery to restore the curvature of spine. We approach the spine through the abdomen, which prevents any muscle damage to the back muscles. ALIF helps patients who have failed posterior decompression surgery.

► Kyphoplasties & Vertebroplasties

These procedures are designed to treat spinal fractures, particularly in patients with osteoporosis. By stabilizing the fracture and restoring vertebral height, kyphoplasties and vertebroplasties provide significant pain relief and improve spinal function.

► Degenerative Scoliosis

We offer comprehensive treatment for degenerative scoliosis, focusing on reducing pain and improving spinal alignment. Our approach includes both conservative management and surgical interventions tailored to each patient's needs.

► Post Traumatic Spinal Deformity Correction & Spine Trauma

We specialize in correcting post-traumatic spinal deformities and treating spine trauma. Our multidisciplinary approach ensures precise diagnosis and treatment, restoring function and stability to the spine after injury.