

FOR IMMEDIATE RELEASE

Optim Medical Center-Tattnall Launches Anterior Lumbar Interbody Fusion (ALIF) Program

Procedure supported by advanced spinal navigation; first in the Southeast to adopt this integrated platform

[REIDSVILLE, GA - September. 11, 2025] Optim Medical Center-Tattnall announced the launch of its Anterior Lumbar Interbody Fusion (ALIF) program at the hospital's Spine Center of Excellence. The program pairs a well-established surgical approach to lower back pain with an integrated spinal navigation platform that supports precise implant placement and reliable alignment. Optim Medical Center-Tattnall is the first in the Southeast to adopt this specific combination of technologies as a unified surgical platform.

ALIF is a fusion procedure performed through a small incision on the front of the abdomen to remove a damaged disc and restore height and stability between vertebrae. By approaching the spine from the front, surgeons can work without moving back muscles and nerves, which may reduce blood loss and postoperative pain while allowing for larger implant placement to help restore alignment. The procedure is commonly considered for patients with disabling low-back pain related to degenerative disc disease, spondylolisthesis, or recurrent disc collapse after prior surgery, when conservative measures have not relieved symptoms.

The hospital's new navigation platform brings together preoperative planning and real-time intraoperative guidance. Three-dimensional imaging helps the surgical team visualize patient anatomy, confirm levels, and guide implant positioning to the specific plan, supporting accuracy throughout the case.

The first ALIF at Optim Medical Center-Tattnall was performed by Ryan Schnetzer, MD, an orthopedic spine surgeon with OrthoGeorgia in Macon, Ga., on the Optim Medical Center-Tattnall medical staff, with vascular assistance from Jason Chapman, MD, a Premier Vascular surgeon also based in Macon.

"ALIF can be an excellent option for the right patient because it allows us to restore disc height and alignment while minimizing disruption to the posterior muscles and nerves," explained John McCormick, MD, an Optim Orthopedics' orthopedic spine surgeon on the Optim Medical Center-Tattnall medical staff. "The integrated navigation platform gives the team high-quality 3D visualization and real-time feedback, which supports accurate implant placement and consistent execution of the surgical plan."

"This program reflects our commitment to pairing proven techniques with the best tools available so patients can get back to life with less pain," said Melanie Fitzgibbon, chief administrative officer at Optim Medical Center-Tattnall. "Investing in advanced navigation

for spine surgery is another way we are building on our strengths as a regional destination for musculoskeletal care.”

Surgeons who practice at Optim Medical Center-Tattnall cited the hospital’s focused spine program, streamlined workflows, and dedicated operating room teams as key reasons to perform complex spine procedures in Reidsville. The Spine Center of Excellence includes specialized perioperative protocols and postoperative pathways designed for spine patients, with an emphasis on safety, infection prevention, and early mobility after surgery.

“Our teams are trained for spine procedures every day, which means the details that matter for patient safety and comfort are built into our process,” said Lora Duncan, RN, chief nursing officer. “From preoperative education to postoperative pain control and mobilization, the goal is consistent, high-quality care.”

To learn more about ALIF at Optim Medical Center-Tattnall,
visit <https://optimhealthsystem.com/anterior-lumbar-interbody-fusion-alif/>.

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About Optim Medical Center-Tattnall

Optim Medical Center-Tattnall (OMCT), part of Optim Health System, is a physician-owned specialty hospital focused on musculoskeletal care and staffed by board-certified, fellowship-trained surgeons. It is the only hospital in Georgia to hold the combined distinctions of DNV GL Healthcare ISO 9001 and Critical Access Hospital accreditations, as well as Orthopedic Center of Excellence certifications for hip and knee replacement, shoulder surgery, and spinal surgery programs. OMCT remains dedicated to delivering exceptional care and outstanding clinical outcomes. For more information, please visit: www.optimhealthsystem.com.

Media Contact / Press Resources

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