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Breaking Free From Back Pain: Dr. Maahir Haque Expands Motion-Preserving Spine Care in Central Florida

*Central Florida patients now have access to advanced lumbar disc replacement technology using Centinel Spine's **prodisc® L** as an alternative to spinal fusion.*



Orlando, FL - June 18, 2026 – As more patients seek alternatives to traditional spinal fusion surgery, Dr. Maahir Haque of Celebration Orthopaedic & Sports Medicine Institute and Spine Group Orlando is helping bring advanced motion-preserving spine care to the Central Florida community through lumbar disc replacement technology. Utilizing Centinel Spine's **prodisc® L** system, Dr. Haque is focused on helping appropriately selected patients maintain spinal motion and support a return to active lifestyles as an alternative to fusion surgery.

Dr. Haque is recognized for his experience in minimally invasive and motion-preserving spine procedures, and his adoption of the **prodisc®** lumbar system reflects his commitment to providing patients with innovative, evidence-driven care.

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

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

Benefits of prodisc® Lumbar Disc Replacement may include:

- Preservation of natural range of motion
- Potential pain relief and improved function
- Faster recovery compared to fusion procedures
- Reduced stress on adjacent vertebral levels
- Technology supported by over 35 years of clinical experience and data

As the only total disc replacement system in the U.S. with a consistent motion-preserving design across both cervical and lumbar platforms, prodisc® continues to lead the industry in long-term outcomes and reproducible results.

Perspective From Dr. Maahir Haque

"For patients suffering from debilitating lower back pain, disc replacement can provide excellent pain relief," said Dr. Haque. "Lumbar disc replacement offers an exciting option for the right candidate, especially for active individuals who want to continue doing the things that they love. Patients treated with disc replacement rather than fusion maintain better motion at the treated level. Compared with spine fusion, disc replacement has a lower rate of reoperation and durable improvement- which is important for athletes and weekend warriors alike."

A Central Florida Practice in Motion Preservation

In addition to lumbar disc replacement, Dr. Haque is widely recognized for his focus on cervical and lumbar motion-preserving treatment strategies. His incorporation of Centinel Spine's prodisc® technology further reinforces Celebration Orthopaedic & Sports Medicine Institute and Spine Group Orlando's position as a trusted destination for advanced spine solutions in Central Florida.



For today's patient looking forward to a speedy recovery to an active life-style, **prodisc®** is a powerful treatment option worthy of consideration for appropriate patients. Patients can learn more about Dr. Maahir Haque, the total disc replacement procedure, and **prodisc®** by calling **321-939-0222** or by visiting www.spinegrouporlando.com.

About Dr. Maahir Haque and Celebration Orthopaedic & Sports Medicine Institute

Dr. Maahir Haque is a Board Certified Orthopedic Surgeon, who specializes in minimally invasive spine surgery. He completed fellowship training in spine surgery at the prestigious Brown University program in Providence, Rhode Island.

Dr. Haque provides individualized care. His surgical approach emphasizes motion-preserving solutions rather than spine fusions, when appropriate. He specializes in motion-preserving surgery for spondylolisthesis and disc degeneration. He performs cervical disc replacements and is widely recognized as a leading lumbar disc replacement surgeon.

Dr. Haque is recognized in the international spine surgery community. He has published articles in both the Journal of Bone and Joint Surgery (JBJS) and Spine—two of the most prominent journals in spine surgery. He has presented his research at the prestigious Scoliosis Research Society. He is currently chairman of the spine section of the Florida Orthopedic Society and was recently appointed a member of the AAOS Spine Content Committee.

Celebration Orthopaedic combines world-class expertise with the personal care and community focus of a local practice. As a privately and locally owned practice, we're not affiliated with large medical conglomerates or influenced by shareholder interests. This allows us to focus entirely on delivering exceptional patient care and being a positive presence in the Florida community.

At Celebration Orthopaedic, you won't be sent from office to office or left waiting for answers. We bring everything together—X-rays, MRIs, musculoskeletal ultrasounds, physical therapy, bracing, regenerative medicine and more, all under one roof.

This means your care is handled by multiple best-in-their-field experts with the full suite of resources they need, a gamechanger for accurate diagnosis and effective treatment.



Spine Group Orlando is the spine center within Celebration Orthopaedics. The patients of Spine Group Orlando benefit from access to a highly skilled team of spine specialists and non-surgical experts dedicated to comprehensive spine care. Fellowship-trained spine surgeons such as Maahir Haque, MD, Ferras Albitar, MD, and José Humberto Jiménez-Almonte, MD bring advanced expertise in minimally invasive, reconstructive, and motion-preserving spine procedures, treating conditions ranging from herniated discs to complex spinal deformities.

About Centinel Spine, LLC

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