ILC International Lumbago Clinic Tokyo

JR Shinagawa Station, a 7mn walk from Konanguchi exit (East exit)

W Building, 1-8-15 Konan, Minato-ku, Tokyo, 108-0075

Reservation Hotline **03-6712-3520**

Call to Book: Mon–Sat 9:00–18:00 (Open Holidays)

Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00～17:00	●	●	●	／	●	●	／

Closed: Thu, Sun, Public Holidays, and New Year's

ILC International Lumbago Clinic Osaka

JR Shin Osaka Station, a 5mn walk from the Central exit

Shin-Osaka Ekimae Chuo Building, 5-4-20 Nishinakajima, Yodogawa-ku, Osaka City, Osaka Prefecture, 532-0011

Reservation Hotline **06-6829-7662**

Call to Book: Mon–Sat 9:00–18:00 (Open Holidays)

Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00～17:00	●	●	／	●	●	●	／

Closed: Wed, Sun, Public Holidays, and New Year's

ILC International Lumbago Clinic Nagoya

JR Nagoya Station, a 3mn walk from Sakuradori exit

Dai-3 Horiuchi Building, 4-6-23 Meieki, Nakamura-ku, Nagoya City, Aichi Prefecture, 450-0002

Reservation Hotline **052-526-7732**

Call to Book: Mon–Sat 9:00–18:00 (Open Holidays)

Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00～17:00	●	●	／	●	●	●	／

Closed: Wed, Sun, Public Holidays, and New Year's

ILC Wellness Clinic Tokyo

JR Tokyo Station, a 7mn walk from Yaesu Central exit

E-1 BLDG. 3F, 3-3-12 Nihonbashi, Chuo-ku, Tokyo, 103-0027

Reservation Hotline **03-6712-3520**

Call to Book: Mon–Sat 9:00–18:00 (Open Holidays)

Hours	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00～17:00	●	●	／	●	●	●	／

Closed: Wed, Sun, Public Holidays, and New Year's

ILC lower back pain

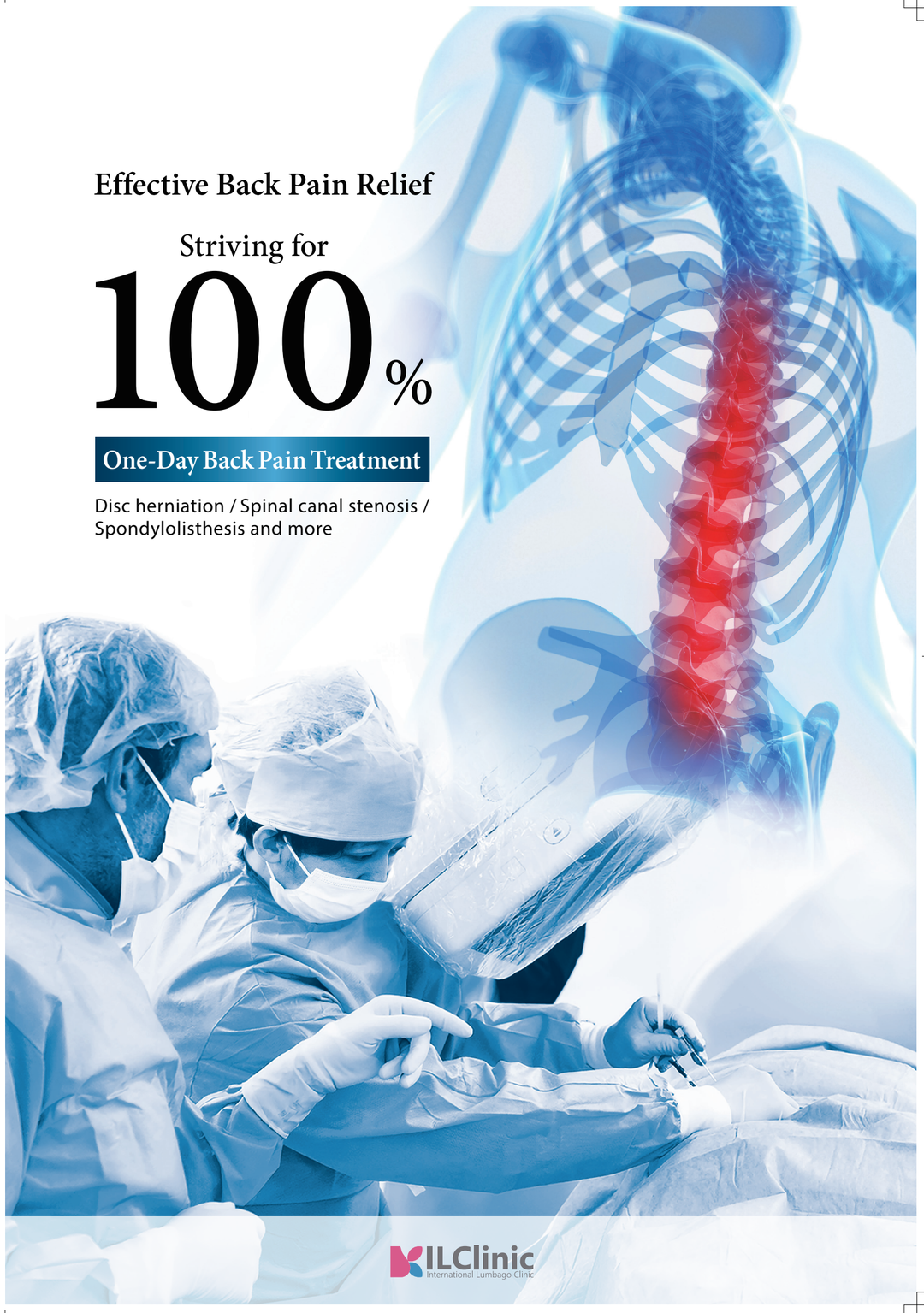
Effective Back Pain Relief

Striving for

100%

One-Day Back Pain Treatment

Disc herniation / Spinal canal stenosis / Spondylolisthesis and more



ILClinic
International Lumbago Clinic

Our Philosophy

We aim to achieve 100% effectiveness in low-risk back pain treatment so that our patients can receive treatment with comfort, confidence, and peace of mind.



As a clinic specializing in the treatment of low back pain, we are committed to becoming the clinic of choice for patients in Japan as a clinic specializing in back pain treatment. We operate with the unwavering belief that this goal is both achievable and worth pursuing through exceptional patient care.

Pain and numbness stemming from the lower back and neck often result from a variety of factors. To address the root causes of this pain and numbness, it is essential not only to perform MRI scans but also to thoroughly assess each patient's clinical symptoms and daily lifestyle habits.
For this reason, we dedicate at least 30 minutes to every initial consultation. During this time, our physicians carefully evaluate each patient's condition and provide detailed explanations about available treatment options, as well as strategies for prevention and long-term improvement. Our goal is for every patient to feel informed, reassured, and confident in their treatment decisions.

While our clinic already offers proven, highly reliable advanced treatment techniques from overseas, we will continue to look beyond domestic borders with a global perspective.
Through continuous innovation and improvement, we remain committed to providing the highest standard of care for patients suffering from spinal disorders and chronic pain.
We sincerely appreciate your trust and look forward to supporting your journey toward a healthier, pain-free life.

Medical Corporation OJ Kai
ILC International Lumbago Clinic Tokyo Administrative Director

Dr. Tadaaki Minowa

Doctor Introduction

Director- Tokyo Clinic

Dr. Tadaaki MINOWA



Career

2009 - Graduated from Nippon Medical School, School of Medicine
2009 - First Residency
2011 - Nippon Medical School Hospital
2012 - Nippon Medical School Chiba Hokuso Hospital
2012 - Nippon Medical School Hospital
2013 - Ebina General Hospital
2014 - Nippon Medical School Chiba Hokuso Hospital
2016 - Hakujikai Memorial General Hospital
2018 - Koto Hospital
2022 - Director, ILC International Lumbago Clinic
2024 - Administrative Director, Medical Corporation OJ Kai

Affiliations / Qualifications

Japan Low Back Pain Association
Japan Society of Endoscopic Surgery
Certified Industrial Physician, Japan Medical Association
Board Certified Cancer Therapy Physician, Japan Board of Cancer Therapy
Cellgel Treatment Method Certified Doctor
Ozone Treatment Certified Doctor
Florence Method Certified Doctor
Q-Florence Method Certified Doctor

Director - Osaka Clinic

Dr. Taku KOTERA



Career

2015 - Kobe University School of Medicine
2015 - Kobe Workers' Compensation City Charcoal Ajita Ueki 2017 - Osaka Denkyo
2019 - National Cancer Center Central Commentary
2019 - Kobe University School of Medicine
2020 - Kakogawa Chuo Shiminna Station
2022 - Kinki University Pattern Journal
2024 - ILC International Lumbago Clinic Osaka
2025 - Director, ILC International Lumbago Clinic Osaka

Affiliations / Qualifications

Japanese Society for Medical Emission Radiology, Diagnostic Specialist Specialist, Japanese Medical Association,
Medical Doctor certified in PET Injection
IVR Japan Society
Japan Low Back Pain Association
Japan Society of Endoscopic Surgery
Certified Industrial Physician, Japan Medical Association
Cellgel Treatment Method Certified Doctor
Florence Method Certified Doctor
Q-Florence Method Certified Doctor

Director- Nagoya Clinic

Dr. Yuya BAN



Career

2014 – Graduated, Dokkyo Medical University, Faculty of Medicine
2014 – Nagoya University Hospital
2016 – Okazaki City Hospital
2021 – Nakatsugawa Municipal General Hospital
2023 – Nagoya University Hospital
2025 – Director, ILC International Lumbago Clinic Nagoya

Affiliations / Qualifications

Japan Surgical Society
Japan Surgical Association
Japan Society of Medical Oncology
Japanese Society of Gastroenterological Surgery
The Japanese Gastric Cancer Association (JGCA)
Japan Society for Endoscopic Surgery
Board Certified Surgeon (Japan Surgical Society)
Cellgel Treatment Method Certified Doctor
Florence Method Certified Doctor
Q-Florence Method Certified Doctor

Director- Tokyo Wellness Clinic

Dr. Tomoaki IWASAKI



Career

1997 – Graduated from the School of Medicine, Tokyo Medical University
2004 – Graduated from Kobe University Graduate School of Medecine
1997 – Kobe University Hospital
1998 – Miki City Hospital
1999 – Konan Medical Center
2001 – Osaka Saiseikai Nakatsu Hospital
2002 – Kobe University Hospital
2003 – Osaka Saiseikai Nakatsu Hospital
2007 – Kakogawa East City Hospital
2009 – Hayama Heart Center
2010 – Chigasaki Tokushukai Hospital
2011 – Tokyo Medical University Hospital
2016 – Department of Vascular Surgery and Cardiology, Tokyo Vascular Clinic
2025 – ILC International Lumbago Clinic Tokyo
2025 – Director, ILC Wellness Clinic Tokyo

Affiliations / Qualifications

Japan Surgical Society
Japanese Society for Cardiovascular Surgery
Japanese Association for Thoracic Surgery
Japanese College of Angiology
Ph.D. in Medicine (Medical Doctor)
Board Certified Surgeon (Japan Surgical Society)
Certified Cardiovascular Surgeon (Japanese Board of Cardiovascular Surgery)
Board-Certified Specialist in Angiology (Japanese College of Angiology)
Certified Instructor for Endovenous Laser Ablation (Varicose Veins)
Certified Physician for Endovascular Aortic Stent Graft Placement
Cellgel Treatment Method Certified Doctor
Florence Method Certified Doctor
Q-Florence Method Certified Doctor

Features of ILC International Lumbago Clinic

Offering a state-of-the-art, one-day treatment
alternative to high-risk spinal surgery.

ILC International Lumbago Clinic boasts a 90% effectiveness rate for treating low back pain (according to our own research), and is one of the most advanced clinics in Japan in terms of technology and results.

We offer the most advanced one-day treatment for patients who suffer from medical conditions such as spinal canal stenosis, disc herniation, and spondylolisthesis, while ensuring minimal risk to older patients.

6 characteristics of the clinic

One-day Treatment	Introduction of advanced medical treatment	Treatment for various types of back pain
We provide the world's most advanced one-day treatment, including post-operative recurrence treatment.	Training in cooperation with overseas medical institutions	We deal with various medications that cause low back pain.
Treatment possible even in the case of a recurrence consecutive to surgery	**Minimal risk**	**Free imaging consultation**
The treatment is also indicated for patients whose condition failed to improve after surgery, or who cannot be re-operated.	We do not use general anesthesia for treatment at our clinic.	We will determine if treatment is possible at our clinic using MRI and other images.

Conditions we treat at our clinics	Medical conditions	Lumbar Spine	Intervertebral disc degeneration / disc herniation / spinal canal stenosis / arthropathy / Spondylolisthesis / Spondylosis etc.
		Cervical Spine	Cervical disc herniation
	Symptoms	Lumbar Spine	Lower back pain / Sciatic neuralgia / strained back / intermittent claudication / Numbness in the legs / Pain when walking
		Cervical Spine	Neck pain / Numbness in the hands / Shoulder pain, etc.

Our track record

The Cellgel Method (implant)
has been introduced in **more than 54 countries** around the world,
mainly in Europe, and **more than 45,000 cases** have been treated so far.
(numbers taken between 2008 to June 2025)

Our clinic is ranked **No.1** in the world
in terms of both **treatment and number of inquiries.**

Our Clinic Achievements

Replies to inquiries about back pain

22,380 patients

(Between September 2022 and April 2026)

Number of cases treated

4,614 patients

Introduction of our clinic's main procedure

Cellgel Method

Intervertebral Disc
Repair Implant Gel Therapy

The disc volume is not reduced and remains in the disc as an implant after treatment, acting as a cushion, thus preserving the disc. This treatment also restores the original cushioning function of the disc by repairing the disc and plugging the leakage of the nucleus pulposus.

Main features

An outpatient treatment with minimal physical strain and risk

The treatment time is about 10 minutes per site, and about 90 minutes of bed rest is required, before the patient is allowed to go home.

Improvement of the cushioning function of the intervertebral disc

The implant remains in the intervertebral disc and acts as a cushion for the disc.

Laser and ozone therapy A new alternative to surgical treatment

This treatment is available for patients who have undergone laser or surgical procedures with no effect.

Treatment method

Treatment time: 10~ minutes per disc

Under local anesthesia and using fluoroscopy, a 0.8 mm needle is inserted into the intervertebral disc, and the implant is injected into the disc. The treatment is particularly effective for herniated discs, as the gel penetrates the affected area. Since the procedure is performed under local anesthesia—which places minimal strain on the body—and uses only a thin needle, scarring is minimal, and you can return home immediately after treatment following a 90-minute rest period.

Before treatment

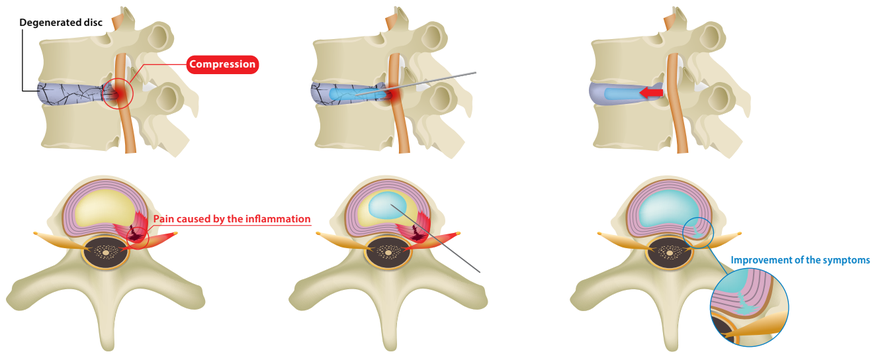
Under local anesthesia, a thin needle is inserted into the intervertebral disc, and a gel designed to act as an implant is injected.

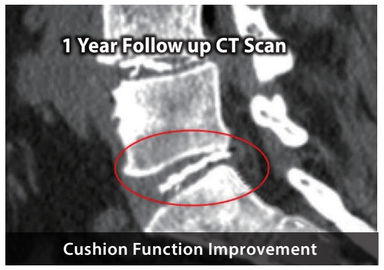
Treatment

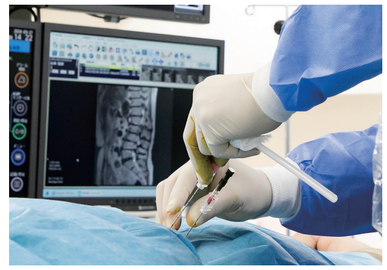
A portion of the degenerated intervertebral disc tissue protrudes, causing the nucleus pulposus to leak out and resulting in painful inflammation. Numbness occurs when this inflammation develops near the nerves.

After treatment

The gel penetrates the damaged cracks and acts as an implant, thereby repairing the intervertebral disc. This also fixes the protrusion of the disc.



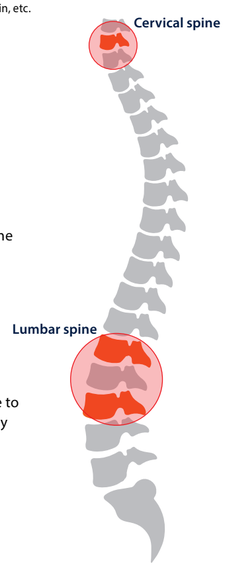




The Cellgel method is an advanced, low-cost treatment for herniated discs that has been introduced in more than 54 countries around the world, primarily in Europe. It is recommended for patients who are concerned about the risks associated with conventional surgical discectomy procedures (MED, PELD, etc.).

Indications

Lumbar spine	Disc herniation / Disc degeneration / Spinal stenosis / Facet joint syndrome / Spondylolisthesis / Spondylolytic spondylolisthesis / Lower back pain / Sciatica Acute lower back pain / Intermittent claudication / Numbness in the legs / Walk-related pain, etc.
Cervical spine	Cervical Disc Herniation Neck pain / Numbness in the hands / Shoulder pain, etc.



Treatment Objectives and Effects

The Cellgel method is a treatment mainly aimed at repairing damaged intervertebral discs.
To treat "disc-related pain and numbness" caused by a damaged disc, a fine needle is inserted into the disc and a gel implant is injected to repair the disc. The gel also acts as a cushion for the disc by protecting it as an implant.

Risks of the treatment

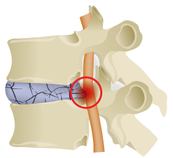
Symptoms may temporarily worsen for 1 to 2 weeks after treatment. This is thought to be due to the decompression effect of the implants, which pulls in the surrounding tissue. There is a very small possibility of allergic reactions to the local anesthesia.

Process of the treatment and post-treatment activities

Rest is required for 90 minutes after the treatment, before you are allowed to go home.
Daily activities are allowed from the next day, but you should wait between 2 weeks and one month before going back to sports activities and strenuous work.

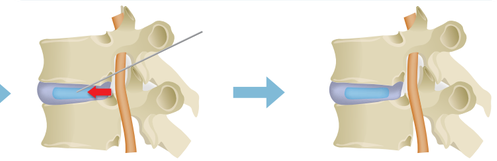
Cellgel Method vs. Other Treatments and Surgeries (For Disc-Related Symptoms)

Before treatment | **Treatment → After treatment** | **One year after treatment**



Painful inflammation occurs when a portion of the degenerated intervertebral disc tissue protrudes, causing the nucleus pulposus to leak out. Numbness occurs when inflammation develops near a nerve.

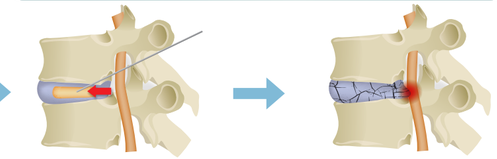
Treatment by injection of an implant (Cellgel Method)



Under local anesthesia, a thin needle is inserted into the intervertebral disc, and a gel designed to act as an implant is injected. The gel penetrates the damaged fissures and forms an implant, thereby repairing the intervertebral disc. This also corrects a herniated disc.

By repairing the disc, the underlying causes of pain and numbness are eliminated, and recurrence is prevented. Furthermore, the implant acts as a cushioning material, maintaining the disc's shock-absorbing function. Since the implant is not absorbed by the body, it provides long-term support for maintaining the disc's height and volume.

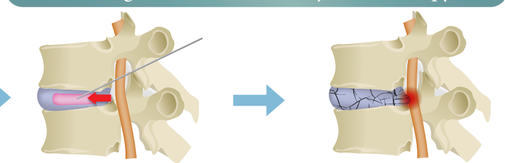
Treatment by injection of a therapeutic product (Hernicore)



A small needle is inserted into the disc under local anesthesia and a solution is injected, which acts according to the efficacy of the drug.

Since the drug is absorbed by the body, it eventually disappears, and since the injected drug is not visible on X-rays or MRI, it is impossible to confirm whether the disc has been repaired or not.

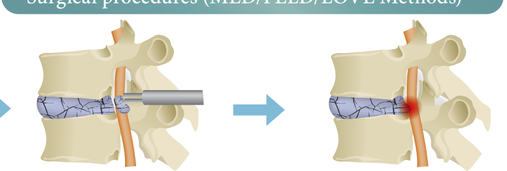
Autologous PRP/Stem Cell Injection Therapy



Under local anesthesia, a thin needle is inserted into the intervertebral disc, and autologous blood (PRP) or autologous stem cells collected beforehand are injected.

Since PRP and stem cells are not visible on X-rays, CT scans, or MRIs, it is impossible to confirm whether the intervertebral disc has been repaired. Therefore, the possibility of recurrence cannot be ruled out.

Surgical procedures (MED/PELD/LOVE Methods)



The patient is placed in a prone position under general anesthesia, an incision is made in the back several centimeters in length, an external canal and endoscope are inserted, and the endoscope is used to check the protruding hernia while the patient is lying on their back.

Since the diseased area physically responsible for the pain is removed, a period of improvement of the symptoms can be expected at first. On the other hand, the possibility of recurrence remains because the disc damage is not treated.

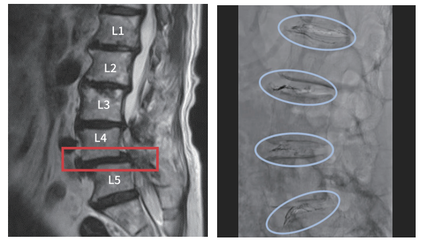
Treatment case for the Cellgel Method

Walking Difficulty Improved After Treatment

Female in her 80s

Patient's pre-treatment medical history

September 2022 — Symptoms of numbness and pain appeared in her lower limbs. She visited an orthopedic center for knee surgery, but was unable to consult about her back, so she visited our clinic seeking treatment. Walking ability was difficult.



Treatment details Treated in January 2023

This patient had spinal canal stenosis in the area indicated by the red frame (L4/5). Disc herniation was also observed on disc L3/4.
The patient was treated with the Cellgel Method on 4 intervertebral discs (L1/2, 2/3, 3/4, and 4/5).

* It takes from 3 weeks to 3 months at least for the treatment to be effective.

Post-Treatment Progress	Before treatment	After 1 week	After 1 month	After 3 months	After 6 months
Back pain	2	0	0	0	0
Leg pain	9	0	0	0	0
Numbness	9	5	5	4	1
Pain in Glutes	2	0	0	0	0
Evolution of the symptoms		The pain has disappeared and she is able to walk a little.	Numbness in the left thumb is still present, but much less than before.	Numbness remains in the shin and thumb area of the left foot.	She has no pain and can walk without any problem. Only a little numbness remains in the left thumb, but overall, she is satisfied.

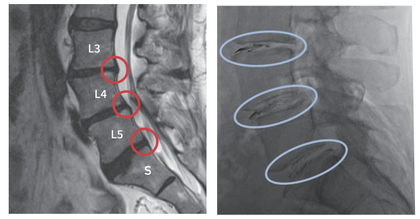
A graded scale is used to indicate the level of current pain by dividing it into 11 levels from 0 to 10, with 0 being no pain and 10 being the greatest pain imaginable.

Over 50% Pain Reduction After Treatment

Female in her 50s

Patient's pre-treatment medical history

In her 30s — Repeated strained backs following childbirth.
Dec. 2019 — Gradual onset of pain in the lower back and glutes (buttocks).
Dec. 2020 — Severe pain rendering her unable to stand and right toe numbness. Diagnosed with spinal stenosis, herniated disc, and spondylolisthesis at a local orthopedic clinic. Managed with nerve block injections.
Summer 2022 — Numbness also appeared in her right calf. She was recommended by doctors to have an operation when she reaches 70 years old.



Treatment details Treated in February 2023

This patient had a protruding disc in the area indicated by the red frame. Treatment was performed on L3/4, 4/5, and 5/S (circled in blue) discs using the Cellgel Method.

* It may take 3 weeks to 3 months or more for the treatment to be completely effective.

Post-Treatment Progress	Before treatment	After 1 week	After 1 month	After 3 months	After 6 months
Back pain	6	3	1	1	1
Leg pain	1	1	0	0	0
Numbness	7	9	6	6	2
Pain in Glutes	8	5	3	2	3
Evolution of the symptoms		It feels like the pain has been reduced by half.	It's much better, with numbness only in the middle and ring toes.a	Much better. The symptoms ave been better for the last 2 weeks. Numbness remains.	Satisfaction due to feeling much better than before the treatment.

A graded scale is used to indicate the level of current pain by dividing it into 11 levels from 0 to 10, with 0 being no pain and 10 being the greatest pain imaginable.

* The evolution of the symptoms refers to what patients tell us when contacted for follow-up.
* There may be individual differences in treatment effectiveness. Please be aware that the exact same effects may not be reproduced everytime.

Our Clinic's Treatments

Florence Method

Indirect lumbar decompression

Clinical Improvement Rate **99.6%**

The Florence Method is a groundbreaking, same-day treatment for spinal stenosis and mild spondylolisthesis, offering surgery-like results without hospitalization. By preserving lower back tissues rather than cutting bone or ligaments, it maximizes postoperative QOL.

Our Clinic's Treatments

Q-Florence Method

Indirect Lumbar Fusion

The Q-Florence Method is a groundbreaking outpatient treatment for spinal stenosis and mild-to-moderate spondylolisthesis, which previously required hospitalization. It is a minimally invasive, tissue-preserving alternative even for patients already recommended for spinal fusion surgery.

Shared Characteristics

Treatment method

Treatment time: 30~ minutes per disc

in this procedure, an implant is placed between the spinous processes of the lumbar spine under local anesthesia and sedation and with the help of fluoroscopy. By placing the implant between the spinous processes in the back of the spine, a condition similar to a stooped posture is created to improve the symptoms. Since there is no bone removal nor direct contact with the nerves, the risk of nerve damage is reduced as compared to conventional methods.

Before treatment

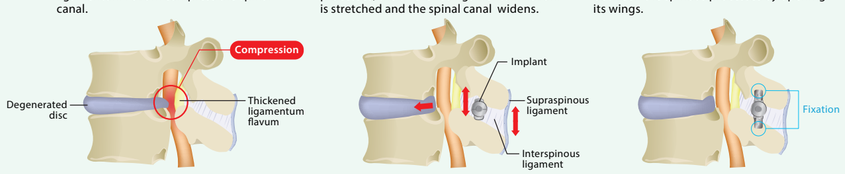
The degenerated disc and thickened ligamentum flavum compress the spinal canal.

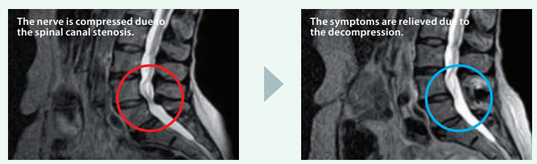
During treatment

By inserting an implant between the spinous processes, the thickened ligamentum flavum is stretched and the spinal canal widens.

After treatment

The implant is deployed and secured between the spinous processes by opening its wings.





Before treatment　　After treatment

Main features

Outpatient, Minimally Invasive Treatment

Treatment time is approximately 30 minutes per site. After the procedure, about 2 hours of rest is required, and patients can return home in approximately 2 to 3 hours.

Japan's Exclusive Provider of Advanced Overseas Implants

Our clinic is the only medical institution in Japan to offer these advanced implant systems developed overseas.

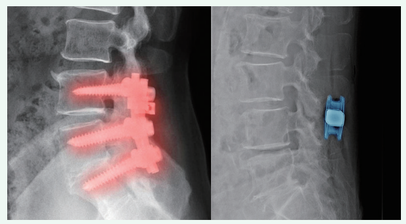
A Modern Alternative to Conventional Surgery

The implant has been meticulously designed to match human anatomy and function, it minimizes post-treatment physical strain and keeps movement restrictions to a minimum.

Treatment Objectives and Effects

The purpose of this treatment is to alleviate or resolve intermittent claudication and pain or numbness in the lower extremities, which are the primary symptoms of spinal stenosis. Typically, the therapeutic effects manifest gradually over a period of one month or more.

Intermittent claudication: A condition in which walking a short distance causes pain or numbness in the legs, resulting in an inability to continue walking, but resting for a short period relieves the symptoms and allows walking to resume.



Fixation Device (Fusion Surgery)　　Q Fusion (Q-Florence Method)

Risks of the treatment

Symptoms may temporarily exacerbate following the treatment. This is because the widening of the interspinous space can lead to discomfort in the surrounding joints, surgical site pain, and dull muscle pain. Other potential risks include severe infection, dislocation, spinous process fracture, and the need for implant replacement.

Indications

This treatment is especially recommended for patients with intermittent claudication (inability to walk long distances) and those whose symptoms only become more severe with certain types of motion.

Lumbar Spine

Stenosis of each column/ disc herniation with discogenic pain/ intervertebral joint disease (vertebral arthritis, vertebral joint arthropathy) / mild or medium spondylolisthesis / disc alteration with retrolisthesis.



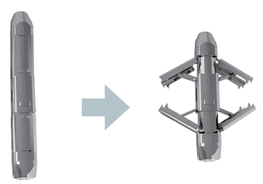
Implant (at the time of insertion)　　Implant (at the time of deployment)

Indications

Q-Florence Method is particularly recommended for patients who experience persistent pain or numbness throughout the day, rather than symptoms occurring only during specific movements or activities.

Lumbar Spine

Lumbar spinal stenosis/ Lumbar disc herniation associated with discogenic pain/ Lumbar foraminal stenosis/ Grade II spondylolisthesis/ Posterior (retrolisthesis) spondylolisthesis/ Degenerative disc disease/ Lumbar spinal instability



Implant (at the time of insertion)　　Implant (at the time of deployment)

Our Clinic's Treatments

PODD

Percutaneous Ozone
Disc Decompression

Percutaneous ozone disc decompression reduces the volume of the herniated disc by injecting ozone, thereby reducing the pressure caused by herniation. PODD is also available for patients who are not eligible for laser treatment.

Main features

- An outpatient treatment with minimal physical strain and risk
- No need for any post-treatment hospital visitg or rehabilitation
- Minimal post-treatment scar

Treatment method

In this treatment, a 0.8 mm needle (puncture needle) is inserted into the intervertebral disc from the back under fluoroscopic guidance, and ozone is injected through the tip of the needle. Ozone injections into the intervertebral disc (nucleus pulposus) cause the reduction of the nucleus pulposus and remove pain. Ozone also has a proven anti-inflammatory effect and as such is effective for all problems caused by inflammation.

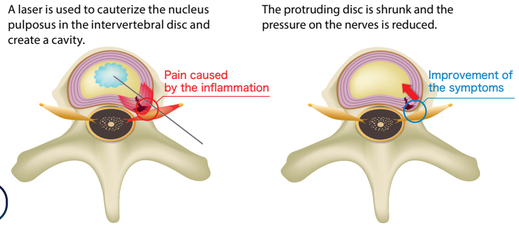
Treatment time: 10~ minutes per disc

Treatment

A laser is used to cauterize the nucleus pulposus in the intervertebral disc and create a cavity.

Post-treatment

The protruding disc is shrunk and the pressure on the nerves is reduced.



Indications

Lumbar Spine: Intervertebral Disc herniation / Intervertebral disc degeneration / Spinal canal Stenosis / Intervertebral joint arthropathy / Lumbar Spondylolisthesis / Spondylosys / Spondylolytic Spondylolisthesis / Lumbar compression fracture, etc.

Cervical Spine: Cervical disc herniation

Treatment Objectives and Effects

It relieves inflammation caused by various conditions, such as lower back pain, herniated discs, and nerve pain resulting from spinal canal stenosis. By stimulating the body, it is believed to deliberately trigger a strong immune response, bringing the inflammation to an end more quickly. Its application is not limited to herniated discs and spinal canal stenosis; it can be used for a broad range of conditions.

Risks of the treatment

One limitation of this treatment is that the risk of recurrence is comparable to that of conventional surgical discectomy. This is because, unlike the Cellgel Method, the procedure does not repair or regenerate the damaged intervertebral disc. Nerve damage has not been reported in any of our own treated cases or in any of our publications. However, allergic reactions to local anesthetics have been reported in a very small number of cases.

Our Clinic's Treatments

PLDD

Percutaneous Laser
Disc Decompression

This particular laser treatment has been a major one-day disc treatment in Japan since it was introduced in the 1980s. It can reduce nerve compression and improve pain and numbness.

Main features

- An outpatient treatment with minimal physical strain and risk
- No need for any post-treatment hospital visitg or rehabilitation
- Minimal post-treatment scar

Treatment method

PLDD is a procedure performed under local anesthesia. A needle is inserted through the back into the herniated disc, a laser fiber is passed through the path of the needle, which is then used to cauterize the nucleus pulposus contained within the disc, which creates a cavity and causes the disc to shrink, in turn reducing nerve compression and improving pain and numbness.

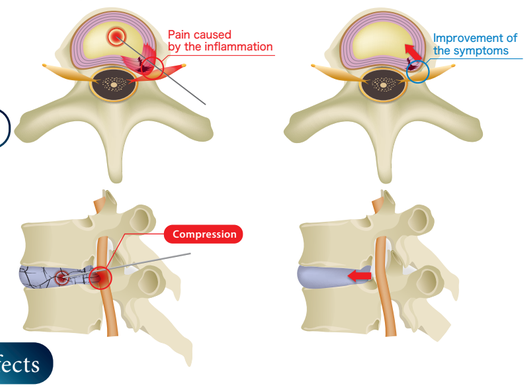
Treatment time: 10~ minutes per disc

Treatment

A laser is used to cauterize the nucleus pulposus in the intervertebral disc and create a cavity.

Post-treatment

The protruding disc is shrunk and the pressure on the nerves is reduced.



Indications

Lumbar Spine: Intervertebral Disc herniation

Treatment Objectives and Effects

PLDD is a treatment used to reduce the compression in the disc, which is the cause of disc herniation. However, the treatment can only be used on intervertebral hernias, and may not be indicated when the disc has lost part or all of its volume.

Risks of the treatment

The risks of treatment are comparable to conventional surgery, as it cannot improve disc damage the way the Cellgel Method can.

Our Clinic's Treatments

Hybrid Laser Method

A hybrid treatment combining the best parts of conventional PLDD and PODD

Main features

- An outpatient treatment with minimal physical strain and risk
- No need for post-treatment visit or rehabilitation
- Minimal post-treatment scar

Treatment method

This treatment removes the fundamental cause of pain by decompressing and retracting the protruding intervertebral disc that is compressing the nerve. Comparable to a combination of PLDD and PODD, a 1.0 mm puncture needle is inserted into the intervertebral disc from the back under X-ray fluoroscopy guidance. A laser fiber is then passed through the needle to cauterize the nucleus pulposus inside the disc, creating a cavity that causes the disc to shrink. Furthermore, similarly to PODD, ozone is then injected into the disc, utilizing its anti-inflammatory properties to eliminate pain. Compared with conventional PLDD or PODD used individually, this combined approach offers superior clinical outcomes.

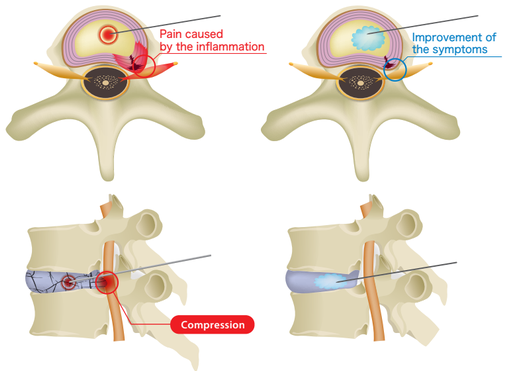
Treatment time: 10~ minutes per disc

Treatment

A cavity is created by using a laser to ablate the nucleus pulposus inside the intervertebral disc and relieve the intervertebral plate.

Post-treatment

The reduction of the protruding intervertebral disc eases the compression.



Indications

Lumbar Spine — Intervertebral Disc herniation

Treatment Objectives and Effects

This treatment aims to combine the advantages of both laser therapy (PLDD) and ozone therapy (PODD)—two minimally invasive treatments for lumbar disc herniation—by performing them simultaneously. The advantage of laser therapy is that it reduces the internal pressure of the disc, which is the root cause of the herniation. The advantage of ozone therapy is that it calms the nerve inflammation caused by the herniation. Since each offers distinct benefits, combining them allows for greater therapeutic effectiveness.

Risks of the treatment

One limitation of this treatment is that the risk of recurrence is comparable to that of conventional surgical discectomy. This is because, unlike the Cellgel Method, the procedure does not repair or regenerate the damaged intervertebral disc, but instead focuses on reducing disc pressure and relieving nerve inflammation.

Selection and Comparison of Treatment Methods

*Note: The evaluations presented in the charts and graphs are based on our own analysis and assessment of data from past papers and research studies.

Comparison Table of Each Treatment Methods

Comparison Criteria \ Treatment Method	Intervertebral Disc Treatment					
	Cellgel Method	PODD	PLDD	Hybrid Laser	PRP	Stem Cell Therapy
Expected Treatment Outcome	◎	○	○	○	△	△
Repair of the Intervertebral Disc	○	△	×	△	Not Verifiable via Imaging	Not Verifiable via Imaging
Risk of Recurrence	Small	Medium	Medium	Medium	Medium	Medium

Comparison Criteria \ Treatment Method	Implant Therapy			Resection and decompression			
	Florence Method	Q-Florence Method	Surgery (Fusion)	Surgery (LOVE Method)	Surgery (MED Method)	Surgery (PELD Method)	Surgery (Decompression)
Expected Treatmen Outcome	◎	◎	○	△	○	○	○
Strain on the body	Small to medium	Small to medium	High	High	Small to medium	Small to medium	Medium to High
Treatment duration	One-day treatment	One-day treatment	Hospital Stay	Hospital Stay	Hospital Stay	One-day treatment also available	Hospital Stay
Risk of Recurrence	Small	Small	Medium to High	Medium to High	Medium to High	Medium to High	Medium to High

Treatment Priority Assessment



We recommend carefully consideration of the various treatment options starting with those carrying the lowest risk, while also taking their effectiveness into account.

Treatment Process For Overseas Patients

01

Inquiry

Our clinic is by appointment only, so be sure to make an appointment before visiting us and before coming to Japan.
Contact us on Whatsapp or email.



02

Remote MRI Diagnosis

[Tokyo Clinic / Wellness Clinic Tokyo]
Imaging must be completed before your consultation at an affiliated facility or a local medical center.

[Osaka Clinic / Nagoya Clinic]
MRI scans are conducted on-site on the day of your consultation.



03

Medical Examination and Treatment

After the reception and examination, the doctor will spend about 30 minutes examining the patient to determine the best treatment plan for each individual patient before making a recommendation.

* Make sure to present your insurance card, imaging data, and other necessary documents to the reception desk beforehand.



04

Treatment

If you wish to have treatment on the same day, you can have treatment in the afternoon after the morning examination and consultation. The treatment time varies depending on the treatment, but it will take approximately 10 minutes to 1 hour per site.



05

Discharge

After treatment, patients will be placed in a recovery room (private room) for approximately 1 to 1 hour and a half (2 to 3 hours for the Florence and Q-Florence Methods) to rest before being examined by one of our doctors.



06

Follow-up

We will contact you regularly for follow-up, so please feel free to contact us if you have any questions.



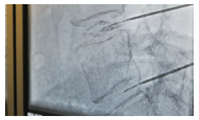
Collaboration with Overseas Medical Institutions

CELLGEL METHOD

01

Collaboration with French Doctors

Our clinic had the privilege of hosting Dr. Coleman from the La Réunion University Hospital Centre in France, a leading expert with many years of experience in advanced lower back pain treatments such as the Cellgel method. For just under a week, we conducted in-depth knowledge sharing and received hands-on technical instruction while performing clinical treatments.
We were also joined by Mr. Michael, CEO of the medical device manufacturer for the Cellgel method, who visited Japan concurrently to share comprehensive, global insights into this internationally recognized treatment.

PODD

02

Advanced Training in Italy

To master ozone therapy for causes of lower back pain unrelated to spinal discs—specifically facet joint arthritis and myofascial pain syndrome, which are growing concerns in Japan—we visited Bellaria Hospital in Bologna, Italy. Bellaria Hospital is renowned as the birthplace of ozone therapy and serves as a premier training center for doctors not only from the EU, but from all over the world. During our training, we gained valuable expertise in the clinical efficacy and treatment techniques of ozone therapy for these conditions, which affect a great number of our patients.




PODD

03

Collaboration with an Italian Doctor at Our Clinic

On this occasion, we invited Dr. Cirillo from Bellaria Hospital to our clinic for a specialized training session on ozone therapy. After receiving detailed explanations and learning about his treatment approaches, we were provided with hands-on technical guidance during actual clinical treatments. Ozone therapy is highly effective not only for lumbar (lower back) spine disorders but also for cervical (neck) spine disorders. Through this training, we gained valuable insights into the treatment of cervical conditions, and we aim to use this knowledge to further advance the therapies we offer at our clinic.




FLORENCE METHOD

04

Collaboration and Training with French and Italian Doctors

To ensure our patients can receive low-risk treatments with minimal physical burden and complete peace of mind, our clinic actively collaborates with overseas medical institutions. Most recently, to introduce a new treatment for spinal stenosis, we invited doctors from France and Italy to conduct practical training on a novel procedure known as the Florence method. The Florence method is effective not only for spinal stenosis but also for spondylolisthesis and facet joint osteoarthritis. Through the exchange of insights on treating lumbar spine disorders during this training, we aim to further advance the therapies we offer.




PODD

05

Training in Italy

Prior to the opening of the ILC International Lower Back Pain Clinic Osaka, our Osaka staff traveled to Bellaria Hospital in Bologna, Italy, to train in ozone therapy. We learned that Bellaria Hospital performs approximately 100 ozone treatments for lumbar and cervical conditions annually. During the two-day training program, in addition to deepening our understanding of medical practices in Italy, we observed eight ozone treatments per day for the lower back and neck, as well as treatments involving ozone injections into the muscles. This experience allowed us to learn extensively about precise ozone injection techniques and their therapeutic effects.




Q FLORENCE METHOD

06

Collaboration with French and Italian Doctors

Most recently, to introduce a new treatment for spinal stenosis, spondylolisthesis, and lumbar instability, we invited doctors from France and Italy to conduct practical training on a novel procedure called the Q-Florence method. By implanting a specialized device between the spinous processes, the Q-Florence method widens the narrowed spinal canal and corrects the alignment of the displaced spine. It is a highly effective treatment for spinal stenosis, spondylolisthesis, and lumbar instability. Through the exchange of insights on treating lumbar spine disorders during this training, we aim to further advance the therapies we offer at our clinic.




Patient Testimonials

ILC International Lumbago Clinic
TOKYO


Reception


Waiting Room

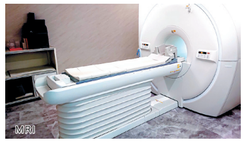

Exam Room


Treatment Room


Recovery Room

ILC International Lumbago Clinic
OSAKA


Reception


MRI


Exam Room


Treatment Room


Recovery Room

ILC International Lumbago Clinic
NAGOYA


Reception


MRI


ExamRoom


Treatment Room


Recovery Room

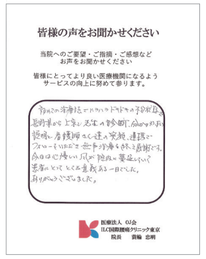
ILC Wellness Clinic
TOKYO


Reception


Exam Room

Patient Testimonials

Here are a few selections from the feedback forms filled out by our patients in the waiting area.
We hope sharing these experiences regarding consultations,
procedures, and post-treatment progress will offer helpful reassurance and insight for those undergoing treatment in the future.

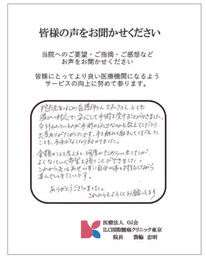

皆様の声をお聞かせください

当院へのご要望・ご指摘・ご感想など
お声をお聞かせください

皆様にとってより良い医療機関になるよう
サービスの向上に努めて参ります。

医療法人 ○△会
ILC国際腰痛クリニック東京
院長　齋輪 忠明

I traveled to Tokyo from Nagano feeling incredibly nervous and anxious about undergoing a new type of treatment. However, thanks to the doctor's clear diagnosis and explanations, as well as the smiles and seamless teamwork of the nurses, I successfully completed the procedure and am so grateful. A warm, compassionate atmosphere filled the clinic today, making it a truly meaningful experience for me. Thank you very much.

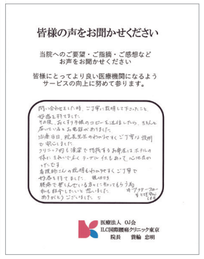

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院長　齋輪 忠明

Thanks to the incredibly warm care from the clinic director, the nurses, and the staff, I was able to undergo surgery with complete peace of mind. I was so grateful that they kept me informed about what stage of the procedure we were at while it was happening. The way the nurses held my hand and encouraged me completely took my anxiety away. I hesitated a few times when considering the cost, but this treatment has given me hope for getting better. Moving forward, I want to take things at my own pace and listen to my body. Thank you very much, and I look forward to your continued support.

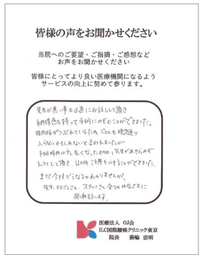

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ILC国際腰痛クリニック東京
院長　齋輪 忠明

When I first inquired, I was very impressed by how politely everything was explained to me. Later, when I sent a copy of my medication record, they even called to confirm it had arrived safely. On the day of my treatment, the clinic director's clear and careful explanations put me completely at ease. The clinic itself is impeccably clean, and the waiting room was spacious and beautiful like a hotel, complete with tables and chairs that made it very comfortable. The nurses were also incredibly kind, and their explanations were clear and courteous. I would love to recommend this clinic so that others suffering from back pain can know about it. Thank you very much. (P.S. The aftercare support is also very reassuring!)

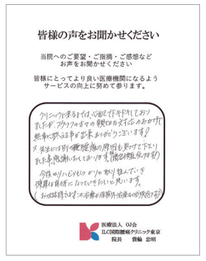

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ILC国際腰痛クリニック東京
院長　齋輪 忠明

The doctor was very honest with me, even about the potential difficulties, which allowed me to undergo the surgery feeling fully informed and confident in my decision. I was told that because my discs were severely compressed, the gel might not go in exactly as planned. Although the surgery took a little longer, the doctor didn't give up, and I was able to receive treatment in four locations. While I am still waiting to see how my recovery progresses, I am deeply grateful to the doctor, the nurses, and all the staff.

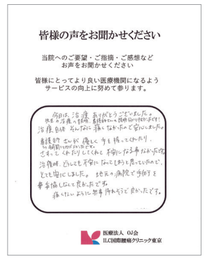

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医療法人 ○△会
ILC国際腰痛クリニック東京
院長　齋輪 忠明

I was so nervous and worried before arriving at the clinic, but thanks to the kind and caring staff, I was able to get through the procedure smoothly. Thank you! I am also very grateful that the doctor discovered another potential cause for my back pain (I plan to undergo further testing!). Moving forward, I want to fully commit to my rehabilitation and work toward building a healthy body. (Thank you for everything! My only regret is that this treatment is not covered by insurance.)

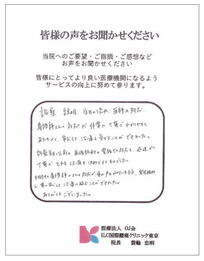

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院長　齋輪 忠明

Thank you for the treatment today. The explanations from both the doctor and the nurses were very easy to understand! I was relieved that the procedure itself didn't hurt as much as I expected. A nurse gently held and rubbed my hand, which completely kept my anxiety at bay. I thought I would inevitably be terrified during the treatment, so this was a huge comfort. I am so glad I didn't settle for surgery at my local hospital. I am also happy that I can head home safely and without pain.


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院長　齋輪 忠明

The examinations, the explanations, the schedule for the day, and the care provided by the doctor and nurses were exceptionally thorough, clear, and warm, allowing me to undergo treatment with complete peace of mind. Even before the day of my consultation, the phone support regarding my imaging results was prompt and courteous, which really helped me make the decision to proceed with the treatment. During the surgery, the nurses constantly checked in on me, easing my tension and keeping me feeling secure the entire time. Thank you very much.


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院長　齋輪 忠明

It was incredibly reassuring to have someone stay by my side when I was feeling anxious before the surgery. They answered all of my questions, which really built my trust. They carefully explained that the pain wouldn't magically disappear instantly, but would gradually improve over time. At university hospitals, the nurses are always so busy that I never have time to ask questions, which often left me feeling frustrated. Here, it was wonderful to have a nurse's undivided attention and be able to take my time asking everything I wanted to know. When I was in too much pain to stand after the procedure, they prescribed a painkiller that is gentle on the liver. Thank you so very much for all of your wonderful care.