

Surgical Outcome Of Unilateral Approach In Lumbar Spinal Stenosis

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Purpose

Degenerative stenosis in lumbar spine is the most frequently observed type of spinal stenosis and is common among the elderly who present as low back pain and sciatica. Age associated degeneration involves disc height reduction, bulging of disc, osteophyte formation, facet hypertrophy and sometimes listhesis. Various procedures are described in the literature to relieve the symptoms.

Aim of this study is to assess whether microscopic decompression of both sides from one side is helpful or not.

Material and Method

A prospective study of 42 cases were observed of whom 28 were male and 14 were female. A single surgical procedure of unilateral approach to decompress the both sides in lumbar spinal stenosis was studied. Patients having cauda equina syndrome or spinal instability were excluded from the study.

Result

Out of 42 patients 4 were not improved, 1 had CSF leak
37 patients were pain free.

Conclusion

The unilateral approach from one side for lumbar spinal stenosis is safe and effective. Correct level diagnosis prior to surgery is essential. There should be no instability. It should be done under microscope/endoscope. There is risk of injury to neuronal structures which can be eliminated by skill and prior pathological concept.