

The Outcomes and Analysis of 69 Consecutive Patients (157 levels) Treated With an Integrated Zero-Profile Anterior Cervical Plate/interbody Cage Construct in 1-4 Levels.

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Introduction

The "gold-standard" anterior cervical treatment for degenerative disc disease currently remains the ACDF. This classically means a traditional plate, 4 screws and interbody allograft or cage. However the advent of zero-profile standalone integrated devices challenge the use of traditional devices. We have used these newer devices exclusively over the past several years and now present the data for analysis.

Methods

A retrospective chart review has been performed.

Results

We have performed the integrated zero-profile anterior cervical plate/interbody cage construct in 69 consecutive patients comprising 157 levels between 1-4 levels. Our results indicate zero revisions and zero symptomatic pseudoarthoses. There was one patient with a history of cancer who developed a lower extremity DVT which was treated and resolved. Another patient with other comorbidities developed a unilateral C5 palsy that resolved within one year. Other outcomes such as hospitalization, blood loss, and dysphagia are either at or less than comparable published reported results of traditional constructs. There were zero blood transfusions, zero drains, and zero complaints of dysphagia after three weeks post-op.

1 level	13 patients	13 levels
2 levels	30 patients	60 levels
3 levels	20 patients	60 levels
4 levels	6 patients	24 levels

Age range 27-84

Period of time 32 months (consecutive)

Total # patients 69
Total # levels 157



post-op 4-level lateral xray

Conclusions

The use of integrated zero-profile anterior cervical plate/interbody cage constructs yield successful outcomes for cervical degenerative disc disease and are a reasonable option for ACDFs. We have found them to be an optimal choice in elective anterior cervical degenerative disc disease. We have had better outcomes than the reported outcomes of traditional cervical plating. As in any interbody fusion techniques, proper carpentry and attention to detail prove to be important elements to success.



post-op 4-level AP xray

References

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