

A Minimally Invasive 360o Surgical Management of Lytic Lumbar Spondylolisthesis. A Latinoamerican Single Center Experience. A Study with 48 Months of Follow-up.

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Introduction

ALIF was originally designed to treat Pott's disease, since then, it has evolved into an effective and popular treatment alternative for various lumbar degenerative disorders. A Lytic Spondylolisthesis is a very unstable pathology and many treatments are available today. However a 360° approaches are a most common accepted. A MIS techniques help us to preserve the most normal structures and let to recovery quickly.

Methods

We present 11 patients(8 man and 3 women), from ages 31-67 y/o, with L5-S1 Lytic spondylolisthesis underwent MIS 360° approach (Mini ALIF plus percutaneous transpedicular screws). We analyze the surgical time, blood loss, time to discharge and return to daily activities, as well as we measured a VAS and Oswestry disability index preoperatively, 1,2,3 and 4 years pop.

Results

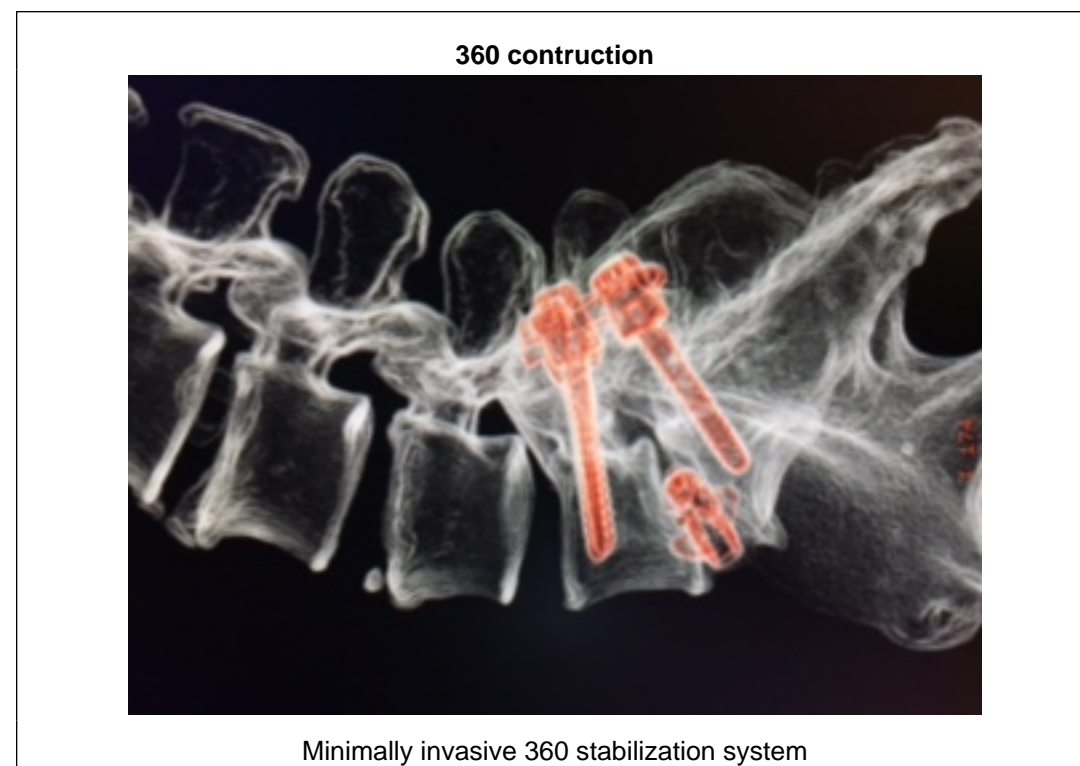
VAS preop was mean 9 and POP 4 and 12 months pop was mean 1. The Oswestry was mean 52 preop and decrease to 9 on 12 months pop. Surgical time was mean 160 min. Blood loss was 110cc mean, time to discharge 46 hours and return to daily activities 15 days. A radiologic solid fusion was seen in 90% of patients.

Conclusions

A MISS 360° approach is an effective option to treat a lytic Spondylolisthesis, let us realignment the sagittal balance and avoiding muscle injury, allow a short hospitalization and quickly return to daily activities. The rate fusion is excellent. More experience is necessary to make final conclusions.

Learning Objectives

Learn a minimally option to treatment a very unstable pathology such litic spondy



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