

# Conservative Management Versus Facet Denervation For The Treatment Of Spondylogenic Low Back Pain Due To Facet Arthropathy

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## Introduction

Low back pain is the most common musculoskeletal disorder of most societies and the most common cause of disability in persons younger than 45 years. The lumbo-sacral facet joint is reported to be the source of pain in 15-40% of patients with chronic low back pain.

## Patients and Methods

sixty randomly selected patients complaining of chronic low back pain were equally divided into 2 groups: one subjected to conservative treatment including medications and physiotherapy. And the second underwent percutaneous radio-frequency facet denervation.

## Conclusions

Radiofrequency facet denervation is an effective, valuable method in relieving low back pain of patients with lumbar facet syndrome for short and long term period, It is minimally invasive procedure where the morbidity is low in expert hands when the procedure is properly performed, well tolerated with minimal complications and can be performed as an outpatient procedure

## Results

Radiofrequency denervation has proven success in relieving pain as evidenced by excellent and good pain relief immediately after treatment in 86.7% of cases of the group who underwent the procedure as compared to 20% of cases of the group who underwent conservative management, after three months pain relief has declined in the long term follow up as evidenced by excellent and good pain relief in 73% of cases of first group as compared to 10% of cases of the second group .

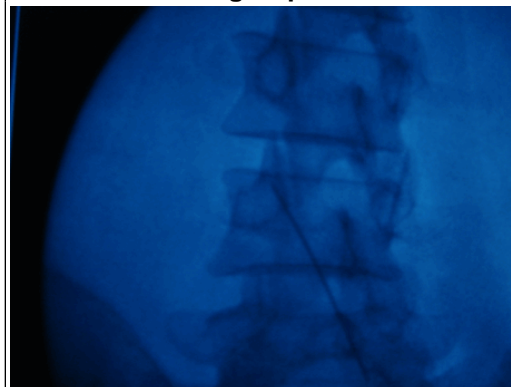
This study also showed that 80 % of patients who underwent radiofrequency denervation returned to normal activity compared to 26% of patients who had conservative treatment.

## Learning Objectives

By the conclusion of this session, participants should be able to:

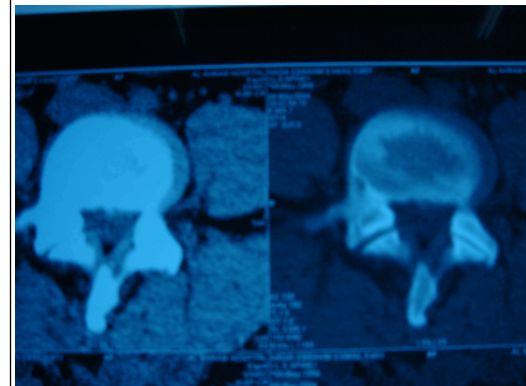
- 1) describe the importance of radiofrequency denervation as a valuable method for treating chronic low back pain due to facet arthropathy
- 2) discuss in groups how to select patients properly for the procedure and counsel the patient for the procedure
- 3) identify the exact target point where we can produce the radiofrequency lesion

## Results of pain relief in radiofrequency group



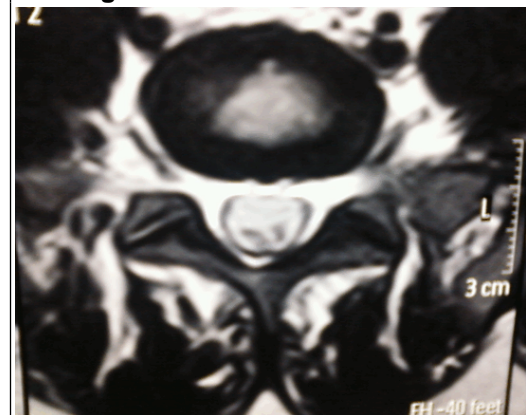
radiofrequency denervation has proven success in relieving pain as evidenced by excellent and good pain relief

## CT Lumbosacral



A patient having facet joint hypertrophy and osteophytes of the facet joint

## Oblique view of a patient with correct needle position for denervation of the right medial branch of L3 root



the junction of the transverse process and the superior articular process.