

The outcome of Microscopic Selective Decompression of Degenerative Lumbar Spinal Stenosis

A.Aziz Mohammed, CABS, FRCS (Ortho, Tr)*

Tariq El Kalifa, MS (Ortho), FRCS (ed)**

Objective: The aim of this study is to report our experience in treating degenerative lumbar canal stenosis with microscopic selective decompression.

Setting: Orthopedic department, Salmaniya Medical Complex.

Design: Retrospective study.

Method: A review of 48 patients who had microscopic selective decompression for degenerative lumbar spinal stenosis. Thirty-one patients were evaluated for 2.5 years (1 to 4 years) after surgery. The outcome was assessed using the Roland and Morris disability score and Zurich claudication score. Instability was determined according to the criteria described by White and Panjabi.

Result: A significant decrease in low back pain disability and a significant increase in walking time and ambulation were seen. An excellent to good outcome was noted in 24/31 (77.4%) patients. No patient showed secondary radiological instability.

Conclusion: Microscopic selective decompression is a safe and effective procedure. In the absence of pre-operative radiological instability, posterior instrumentation and fusion is not required.

Bahrain Med Bull 2006; 28(4):