

Does the dynamic stabilisation concept really work?

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Disclosure

No funds were received in support of
this study.

Case presentation

- Male, 40-years, labourer
- Low back pain 5 years, worsening 4 months
- Right leg L5 radicular pain
- No improvement on physiotherapy

MRI: T1 sag



T2 sag



MRI: T1 ax



Questions to the audience 1

What would you do?



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1. Continue non-operative treatment
(physiotherapy/painkillers/life style modification)
2. Order additional radiological investigations
3. Order EMG
4. Perform provocative discography
5. Perform facet/nerve root block(s)
6. Other

(Multiple choice)

Questions to the audience 1

What would you do?

1. Continue non-operative treatment
(physiotherapy/painkillers/life style modification)



2. Order additional radiological investigations



3. Order EMG



4. Perform provocative discography



5. Perform facet/nerve root block(s)



6. Other



(Multiple choice)

Electromyography (EMG):

- Subacute right side L5 radiculopathy

Questions to the audience 2



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What is the most likely underlying diagnosis?

1. Right-sided disc herniation at L4-L5
2. Active degenerative disc disease L4-L5
3. Degenerative disc disease L5-S1
4. All of the above
5. Other

(Single choice)

Questions to the audience 2

What is the most likely underlying diagnosis?

1. Right-sided disc herniation at L4-L5



2. Active degenerative disc disease L4-L5



3. Degenerative disc disease L5-S1



4. All of the above



5. Other



(Single choice)

Questions to the audience 3



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What is your proposed treatment?

1. Continue non-operative treatment
2. Perform discectomy L4-L5
3. Perform discectomy + PLIF L4-L5
4. Perform discectomy + fusion L4-S1
5. Perform discectomy + dynamic stabilisation L4-L5
6. Other

(Single choice)

Questions to the audience 3

What is your proposed treatment?

1. Continue non-operative treatment

| 0%

2. Perform discectomy L4-L5

34%

3. Perform discectomy + PLIF L4-L5

20%

4. Perform discectomy + fusion L4-S1

13%

5. Perform discectomy + dynamic stabilisation L4-L5

17%

6. Other

16%

(Single choice)

Our treatment

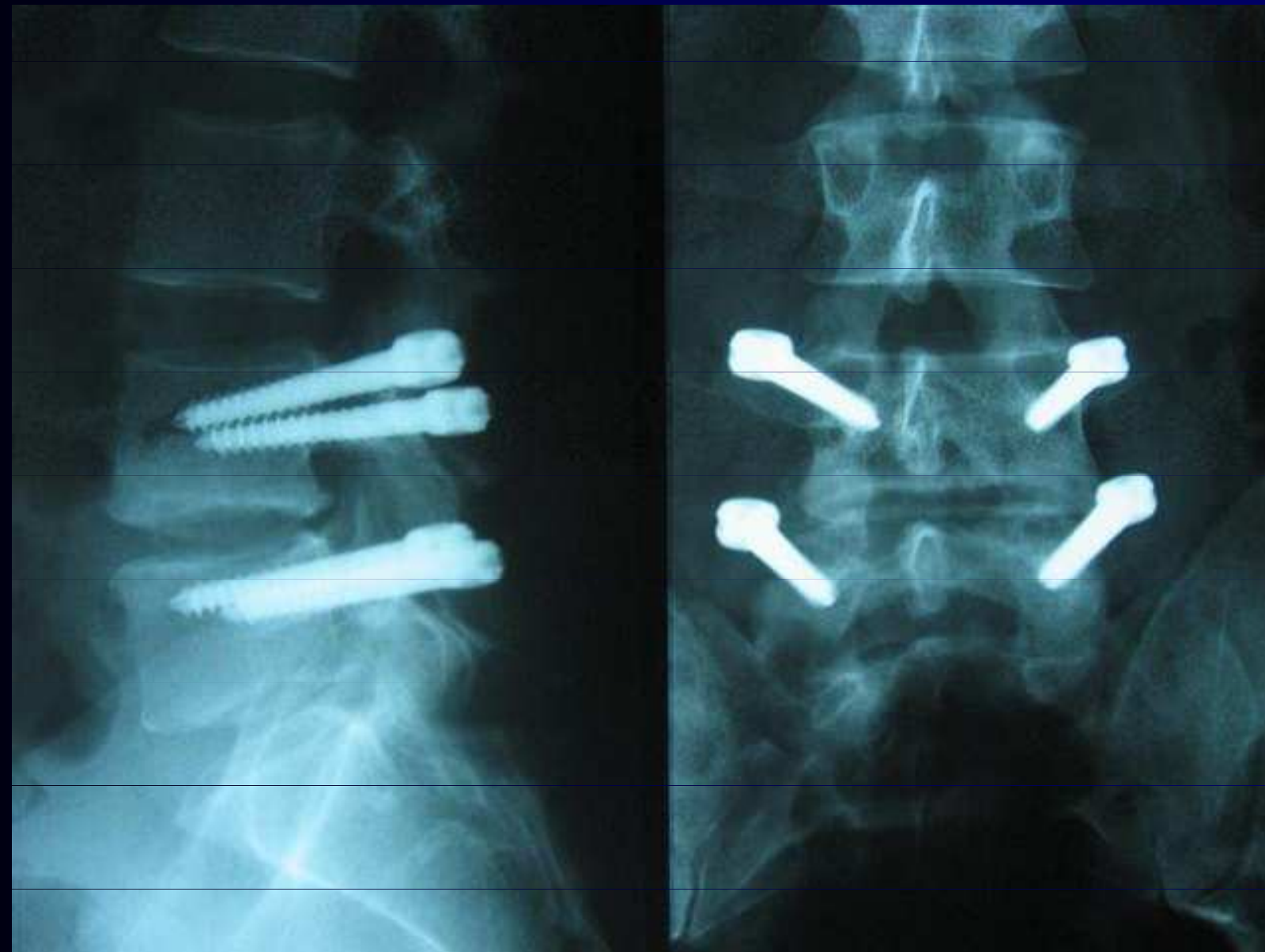
- Microsurgical discectomy L4-L5
- Only extruded disc material removed
- Additional dynamic stabilisation* L4-L5

* Dynesys, Centerpulse, Winterthur, Switzerland,
and Zimmerpine, Warsaw, IN, USA

X-rays @ surgery



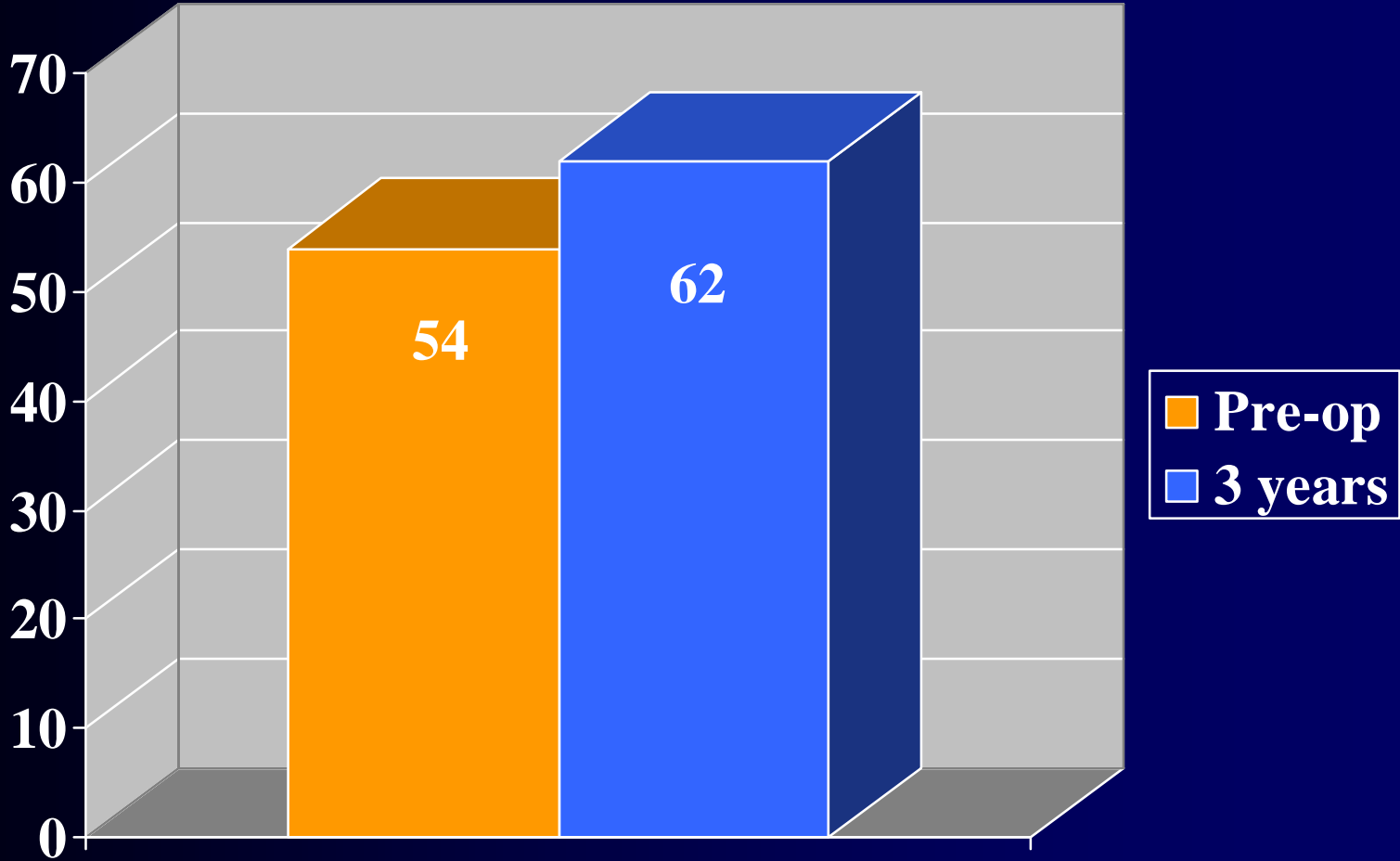
X-rays @ 6 weeks



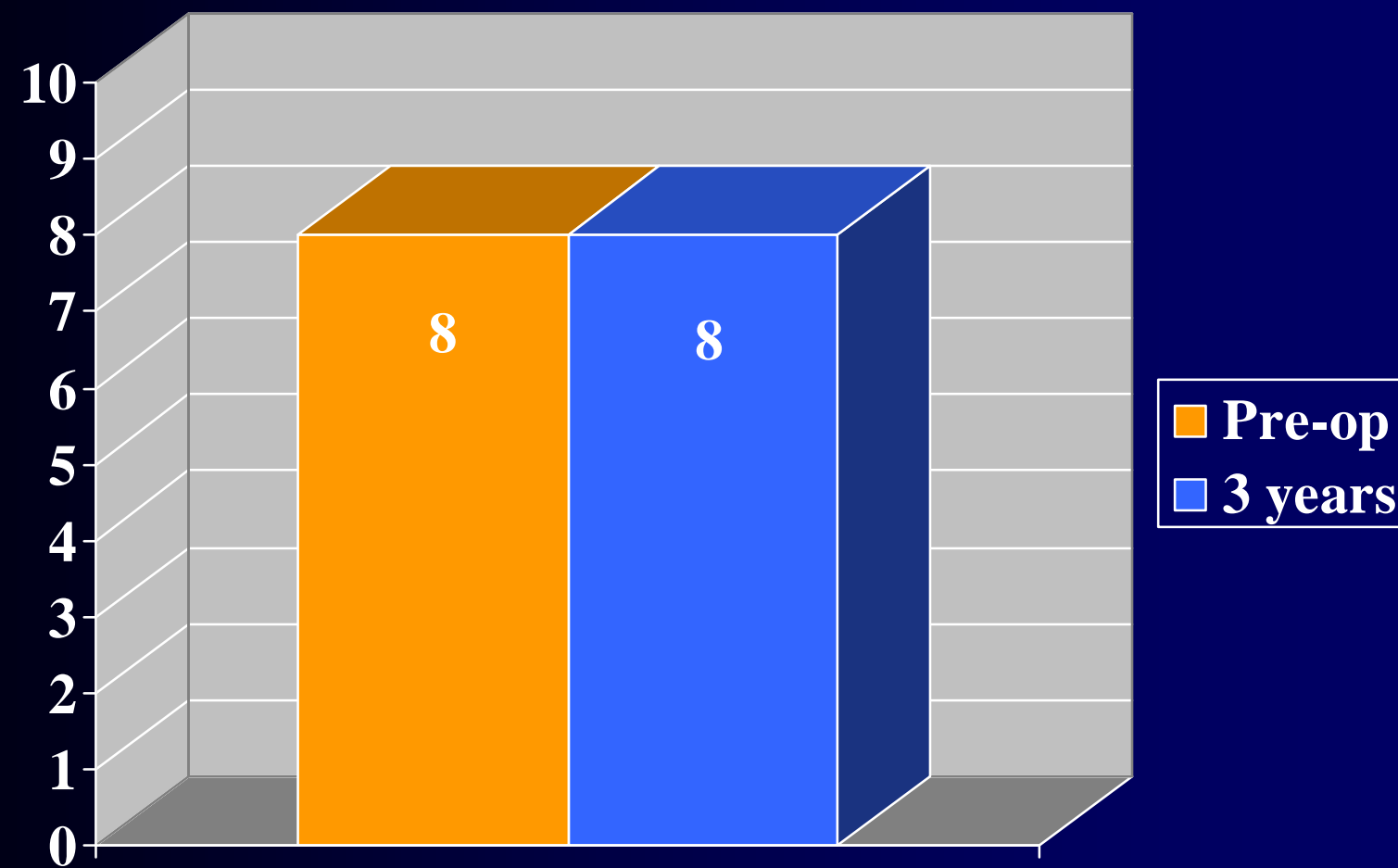
Outcome: the patient @ 3 years



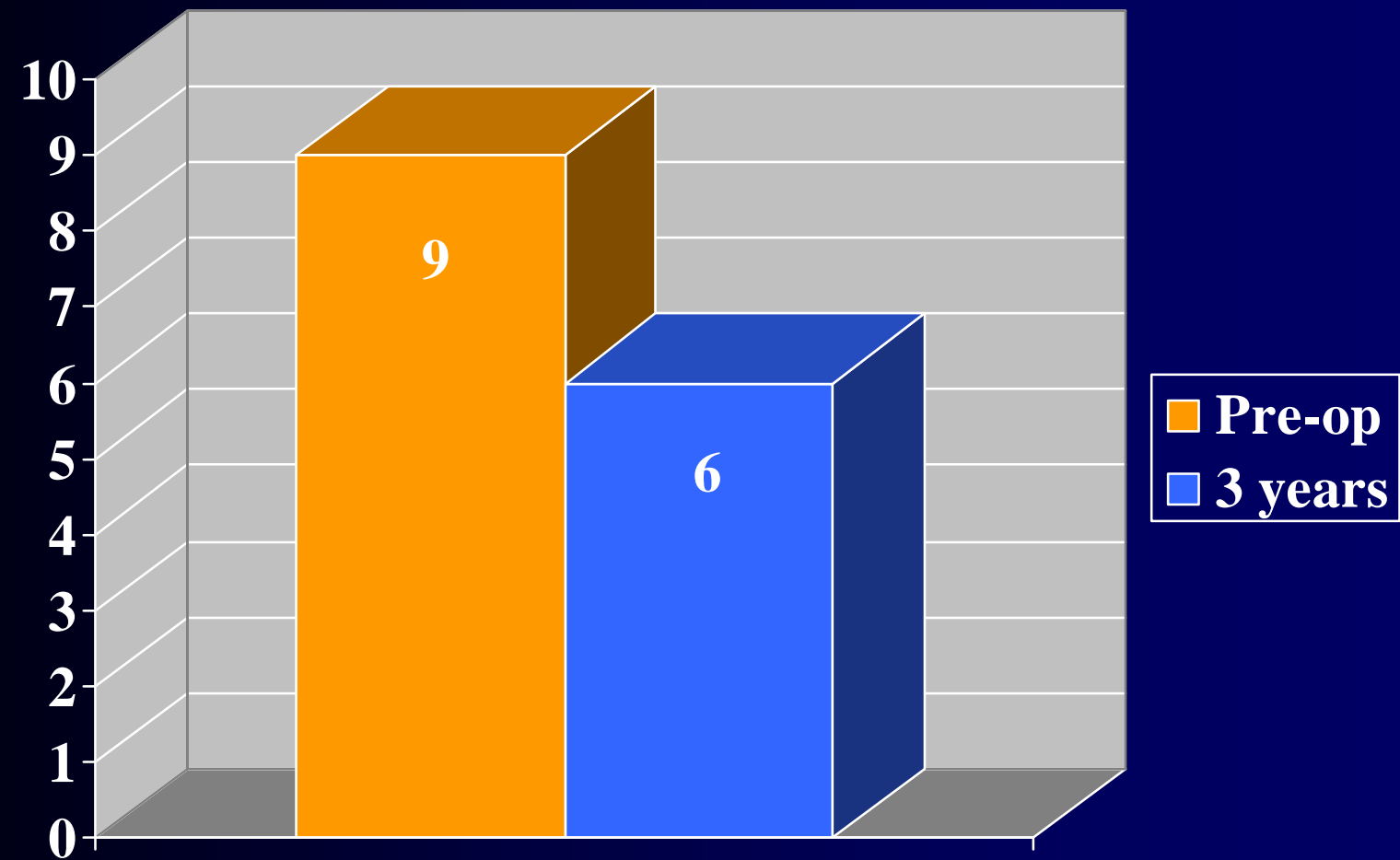
Outcome: ODI



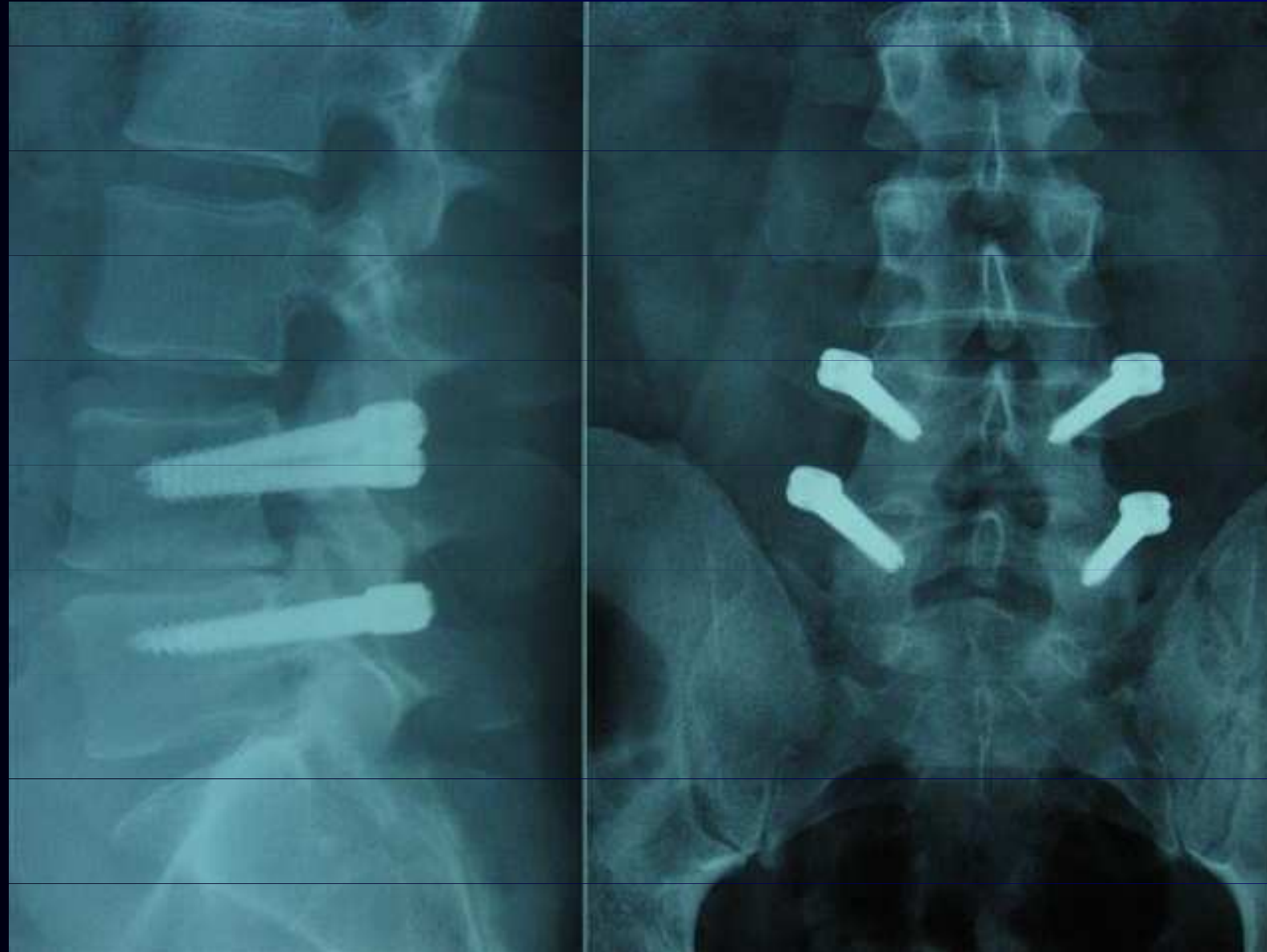
Outcome: back pain (VAS)



Outcome: leg pain (VAS)



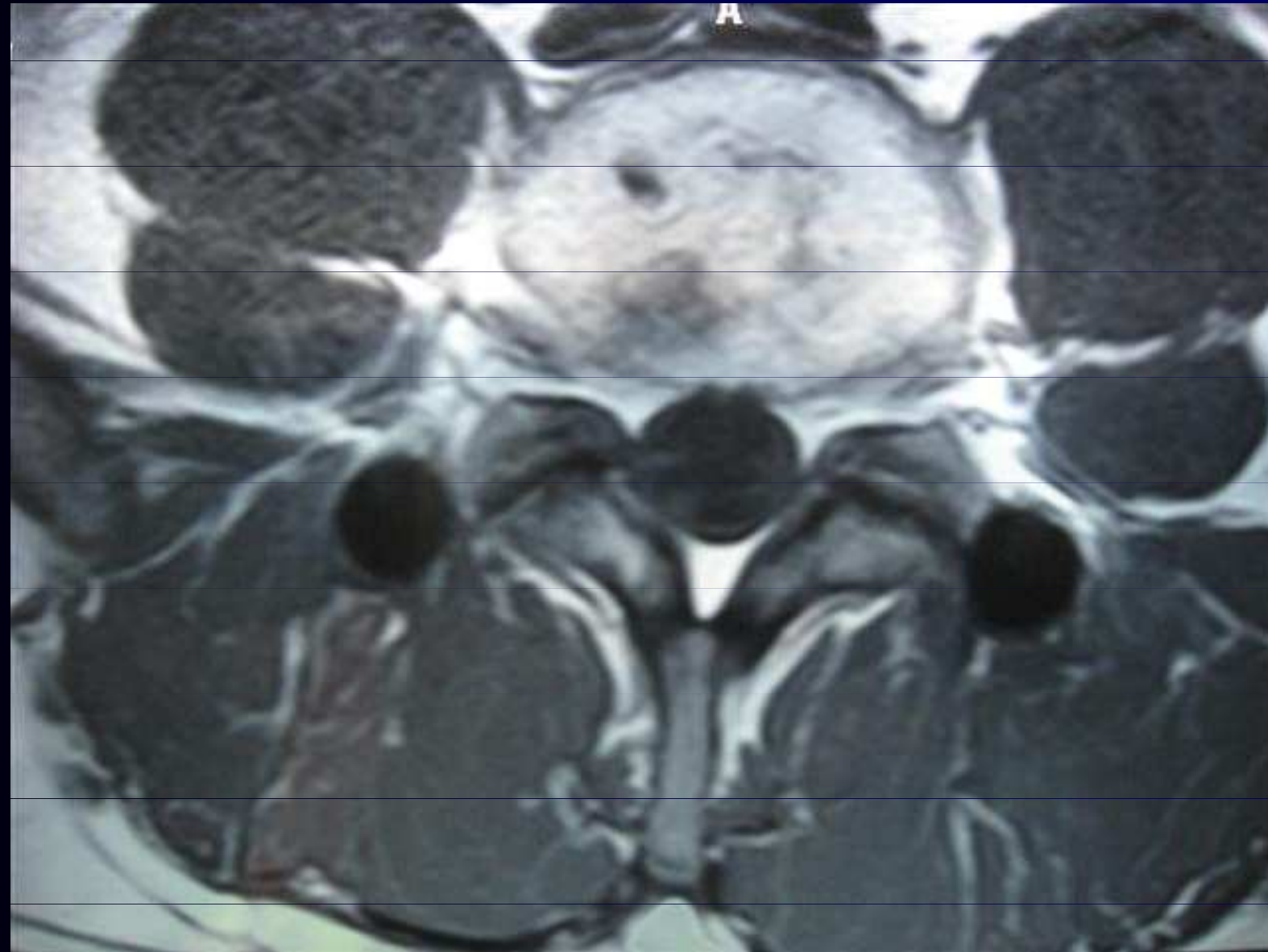
X-rays @ 3 years



MRI sag @ 3 years



MRI ax @ 3 years



Questions to the audience 4



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**In your opinion,
what is the reason for the patient's
continued back pain?**

1. L5-S1 disc degeneration left untreated
2. Continued active degenerative disc disease L4-L5
3. Both of the above
4. Other

(Single choice)

Questions to the audience 4

**In your opinion,
what is the reason for the patient's
continued back pain?**

1. L5-S1 disc degeneration left untreated

1%


2. Continued active degenerative disc disease L4-L5

53%


3. Both of the above

38%


4. Other

8%


(Single choice)

Conclusion

- The patient still had pain three years after index surgery
- Able to work at a different position half time only
- Not satisfied with the result of surgery

