Clinical: MIS decompression
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The Muscular Injury Makes a Difference. A Study with 36 Months of Follow up
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Introduction: The minimally invasive techniques in spinal surgery has many advantages such a little postoperative pain, short surgical time, less bleeding, without muscular injury, traduced on early return to normal activities.

Materials and methods: We present sixty patients with radicular pain secondary to extruded lumbar disc herniation, whose underwent surgery with minimally invasive plataform (MAXCESS RETRACTOR), we report the Visual Analogue Scale and Oswestry on Preop, Discharge, 6 weeks, 3, 6, 12, 24, 36 and 72 months, surgical time, bleeding, time to discharge and return to normal activities.

Results: Mean age 40.3 y/o, Visual Analogue Scale preop 8.3, 1.9 on discharge, 1.8 6 weeks, 1.4 3 months, 1.2 on 6 and 12 weeks and 1 24 months and 0 on 36 months, Oswestry 54 preop, 10 on discharge, 9 on 6 weeks, 8 on 3 months and 3 on 6, 12 and 24 and 36 months. The mean surgical time was 62 minutes, stay hospitalization: mean 5,4 hours and time to return to work mean 7,6 days. Complications: one patient had LCR fistula with medical management succesfully.

Conclusion: The minimally invasive spine surgery allow to reduce a muscular injury and is a good option improving the pain as a short staying and return to normal activities and optimal follow up on 36 months.