Outcomes of MIS Spinal Fusion: 12 and 24 Months
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Introduction: XLIF outcomes at 1 year are presented and are compared with initial 2 year data.

Methods: Consecutive series of 950 XLIF patients, 451 followup at 12 months and 191 at 24 months. Clinical and radiographic measures were prospectively evaluated to assess pain scores, changes in disk height and alignment, listhesis, and fusion and correlated to a patient questionnaire of satisfaction at 12 months.

Results: Age ranged from 25-87 years (avg 62.7 yrs). VAS improved from 8.8 pre-op to 2.9 at 12 months. Disk height improved from 6.7mm to 10.8mm at post-op, settling about 1mm to 9.4mm by 12 mos. Listhesis was reduced from 4.5mm to 0.75mm, maintained at 12 mos. Definitive signs of fusion (Lenke 1-2) were present in 87% at 3 months, 96% at 6 months, and 98% at 12 months. In the 2 yr group, VAS was reduced from 8.6 to 2.7, disc height gained was maintained at 12 and 24 months (9.1mm). Slip reduction was also similar and maintained at 24 months (0.8mm). Signs of fusion were present in 98.8% at 24 months. At 12 months, 88% were very satisfied or satisfied with their surgery. 89% would definitely or likely do the surgery again. 77% were considered excellent or good outcomes by the surgeon.

Conclusions: Our data shows satisfactory intermediate term clinical outcomes in our series of XLIF. VAS scores improved, disk height was restored and maintained, and slip was reduced. Patient and surgeon satisfaction scores at 12 months are encouraging.