EPIDUROSCOPIC LASER NEURAL DECOMPRESSION IN LUMBAR PAIN

STATEMENT OF THE PROBLEM: ELND has replaced conventional epiduroscopy in the treatment of herniated disc, spinal stenosis, failed back surgery syndrome and other conditions producing refractory low back pain. Laser therapy is a new tool in epiduroscopic approaches providing safe and efficient dissection, cauterization and decompression.
METHODOLOGY AND THEORETICAL ORIENTATION: 253 patients underwent ELND in the period from august 2016 to march 2021 to treat several conditions producing intractable lumbar pain. Transsacral epiduroscopy was the chosen approach. We used a flexible endoscope and a diode laser fiber of 980-nm /30 W. VAS was used to measure pain improvement.
FINDINGS: average VAS fell to 1.3 from 9.6 for radicular pain and to 3.2 for lumbar pain at 2 weeks after the procedure and persisted at a year after the procedure. The conditions found were disc extrusions, adhesions and fibrosis, facet cysts and ligamental hypertrophy.
CONCLUSION AND SIGNIFICANCE: ELND is an effective and safe novel treatment of conditions producing intractable back pain, providing better outcomes due to improved cauterization and dissection and allowing ambulatory treatment with quick return to previous activities.

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