A Novel Technique Of Microsurgical Approach Through Laminofacet Articular Junction For Lumbar Disc Herniation (Hole Approach)
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Citation

Abstract
Objects: Hole approach has not been described in lumbar disc herniation, previously. We aim to give details and results of a new operation technique, used in 550 patients with different localization and types of disc herniation. METHODS: Between March 2001 to March 2010, 550 patients with lumbar disc herniation underwent Hole approach. In this procedure, in order to expose facets of the inferior articular edge superior and inferior facets were removed minimally by high-speed drill. After the root was found, the disc was removed, yellow ligament opened minimally. Same side and contralateral side disc level were cleaned the same operation. Also the residue disc may be taken out from contralateral side by using this technique. (Patients were evaluated based on the presence of leg, back pain, length of time a return to daily activity) Patients data included: leg and back pain, return time to daily activity, Oswestry pain score, and final outcome. Patients were evaluated with post operative spiral CT and three dimensional reconstruction CT to show the amount of bone removing. RESULTS: Following the operation no one had leg or back pain. All patients were able to mobilize at ½ to 4 hours, returned to daily activities at 5 to 7 days The final outcome after Hole approach was excellent in 475 CONCLUSION: This approach was used same side and contralateral disc removing at the same operation. Hole approach is a very safe and effective by means of treatment for back pain and sciatica pain caused by disc herniation.

References
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