Cervical Disc Herniation Treated With the Transdiscal Technique: A Chance to Prevent a Cervical Fusion

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Citation


Abstract

Introduction: The purpose of this study was, to evaluate results of minimally invasive surgical approach, using a new rigid fiber optic endoscopic technique in treatment of single level herniated cervical discs. The transdiscal endoscopic cervical disc operation is established since few years. Particularly the use of the 4 mm endoscope is a approved method in the daily work in our experience. There are no experiences in the use of a 6 mm scope. It is possible to remove adequate the central, the lateral, the intraforaminal and the transligamental herniated disc herniation at the cervical spine. Several levels can be operated in the same The advantages of the method is the less traumatically procedure to protect the anatomical structures. Remarkable are the less numbers of instabilities. Further investigations have to show, if Operations in several levels increase ore don't increase the numbers of postoperative instability.

Results: The study was carried out as a short care surgical procedure between December 2002 and May 2006. Outcome based on questionnaires, phone calls and evaluation of clinical records. In a retrospective exploration of our endoscopic operated patients, we found 7 % of postoperative instability. These patients got a fusion in the time after the procedure due to 6 month postoperatively. This experience is limited at the use of the 4 mm scope. How fare this statement can given in the use of the 6 mm scope needs more investigations. From are 158 Patients in the ARKADE Clinic are endoscopic transdiscal operated at the cervical spine in one level. Patients with two ore more level are excluded from the investigation. In the postoperative control was done after 6 month. It shows that eleven patients developed a symptomatic postoperative instability and need a cervical fusion. Seven patients need a second operation because of incomplete removal of the freak disc herniation.

References
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