

# **„Evaluation of surgical treatment of patients with degenerative stenosis of the lumbar spine”**

Dr n. med. Dawid Sobański

Doctoral Dissertation – abstract

Advisor – Dr hab. n. med. Paweł Kolasa

Reviewers – Prof. dr hab. n. med. Andrzej Radek, Prof. dr hab. n. med. Marek Zawirski

Official Doctoral Dissertation Date – 21<sup>th</sup> of October 2014

Approved by the Scientific Council of Military Medical Faculty – 4<sup>th</sup> of November 2014

## **Introduction**

Degenerative spinal stenosis is to reduce the space of the spinal canal, as result of hypertrophy of yellow ligament, intervertebral joint and degeneration of disc. Pain of lumbar spine, bottoms, legs and neurogenic claudication are clinical signs. Operative treatment consists of decompression is effective.

## **Aim**

Prove the superiority of surgery over conservative treatment. Demonstrate the superiority of the method hemilaminectomy over more ivasive methods.

## **Material and Methods**

Study group consisted of sixty people. Posted surgical method (hemilaminectomy). Patients were studied group survey, assessment of VAS scale and measured the A-P spinal canal, a month and a half year after the surgery. In the comparison group was used for rehabilitation, and analyzed similar to the study group.

## **Results**

In the distant assessment of postoperative, pain in the lumbar spine and lower limbs was significantly reduced (also in VAS), the distance without symptoms of neurogenic claudication was significantly increased. Most patients were satisfied with the applied operation. After the surgery, the A-P obtained an increase in size of the spinal canal.

## **Conclusions**

Surgical treatment of stenosis of the lumbar spine, much more to reduce disease symptoms than conservative treatment. Hemilaminectomy allows optimal decompression, greatly reduce the symptoms of stenosis, is less invasive and does not affect the stability of the spine.