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Novelties in XLIF and ALIF as minimally invasive treatments for Lumbar Spine Degenerative Disorders

Lumbar Spine Degenerative Disorders with radiculopathy is an increasingly common pathology in the World, and the most common indication for spinal surgery in patients older than 65 years. Conservative therapies are often successful although about 20% of the patients may require surgical decompression. The conventional surgical technique of decompressive laminectomy and foraminotomy and fusion with pedicular screws and lumbar interbody fusion is a successful procedure, but carries significant risk of surgical morbidity and complications, specially muscle atrophy and denervation and chronic low back pain. In this scenario, the extreme lateral and the anterior interbody fusion (XLIF and ALIF) techniques allows direct access to the disc space with minimal tissue destruction and no disruption of posterior paraspinal musculature, facilitating indirect spinal decompression, with promising results. Nevertheless, there are several aspects of these procedures that have to be studied, and the areas covered in this lecture are: anatomical understandings of the anterior and lateral approach, safety and outcomes studied so far and costs of the new technologies.

Speaker Biography

Gibran Franzoni Rufca has completed his degree in Medicine and Neurosurgery from the School of Medicine of São José do Rio Preto. He lives in the State of São Paulo and my main institution is the Hospital Santa Casa de Ourinhos, where his team and I provide neurosurgical treatments, mainly for the pathologies of the vertebral column. He is currently doing his master's degree student in the Post-Graduation Program of the University of São Paulo - Campus Botucatu; working in the research of pain and minimally invasive surgeries of the spine, under the coordination of Prof. Dr. Flávio Ramalho Romero.

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