

Title of Abstract: Minimally Invasive Surgical Treatment with Interspinous Process Implant (X-STOP) for Lumbar Spinal Stenosis

Author: John C. Chiu, M.D., FRCS, D.Sc, Director, Neurospine Surgery

Institution: California Spine Institute Medical Center, Thousand Oaks, CA

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Introduction: With increase in life expectancy and the aging of baby boomers, more people are living to an age where degenerative lumbar spinal stenosis (LSS) becomes symptomatic presenting as neurogenic intermittent claudication (NIC). Minimally invasive surgical treatment of neurogenic intermittent claudication secondary to lumbar spinal stenosis with an interspinous process distraction device (IPD), i.e. X-STOP appears to be a significant improvement in the surgical treatment of this condition over traditional decompressive lumbar spinal surgery with or without lumbar fusion.

Methods: Lumbar stenosis patients with intermittent neurogenic claudication are to be clarified with x-rays and imaging studies with radiographic evidence of stenosis. Interspinous Process Decompression System (i.e. X-STOP), was developed as an alternative to more traumatic decompressive lumbar spinal procedures, with or without fusion. The surgical indication and technique are described in detail. This is truly a minimally invasive surgical procedure especially for the elderly patients who are not suitable for general anesthesia.

Results: This procedure can be carried out safely under local anesthetic as an outpatient in the elderly. Patients significantly improved with this outpatient minimally invasive X-STOP lumbar surgery. If the device fails to provide relief, the patient still has the option of traditional more traumatic spinal surgery. They can return home and resume normal daily activity with immediate improvement in spinal symptoms.

Conclusion: Interspinous process decompression system (IPD), X-STOP provides a conservative yet effective minimally invasive surgical treatment for patients suffering from lumbar spinal stenosis with neurogenic intermittent claudication (NIC). X-STOP treatment is an outpatient surgical procedure, and offers an attractive alternative to both conservative care and more traumatic traditional decompressive lumbar spinal surgery. This minimally invasive surgical procedure is safe, easy and efficacious, especially for the elderly with symptomatic LSS.

The presentation provides the information for participants familiar with Minimally Invasive Surgical Treatment with Interspinous Process Implant (X-STOP) for Lumbar Spinal Stenosis, and to recognize: 1. The surgical indications. 2. The surgical technique. 3. Potential complications and avoidance

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