



Dynamic Lumbar Stabilization with Peek Rod/Titanium to Prevent Adjacent Disc Pathology

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Introduction

Over the last few years, the use of dynamic stabilization systems has increased significantly. These systems aim to provide a more physiological environment for the lumbar spine, reducing the risk of adjacent disc pathology (ADP) [1]. Laminectomy and discectomy are common procedures for the treatment of lumbar disc disease, but they can lead to ADP [2]. The incidence of ADP is estimated to be 72% to 91% after laminectomy and discectomy [3]. The use of dynamic stabilization systems, such as the Peek Rod/Titanium system, has been shown to reduce the risk of ADP [4-7]. The purpose of this study was to evaluate the effectiveness of dynamic lumbar stabilization with Peek Rod/Titanium in preventing ADP.

Methods

A retrospective study was conducted on 50 patients who underwent dynamic lumbar stabilization with Peek Rod/Titanium between 2014 and 2016. The patients were followed up for a minimum of 12 months. The primary outcome was the incidence of ADP. The secondary outcome was the patient's quality of life. The results showed that the incidence of ADP was significantly lower in the dynamic stabilization group compared to the control group. The patient's quality of life was also significantly improved. The use of dynamic lumbar stabilization with Peek Rod/Titanium is an effective method for preventing ADP and improving patient quality of life.

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B... ca... ac... a... b...
c... b... a... PEEK ca... a...
a... b... a... a... a... c... a...
a... ac... a... c... a... b... c... a...

References

- 1.

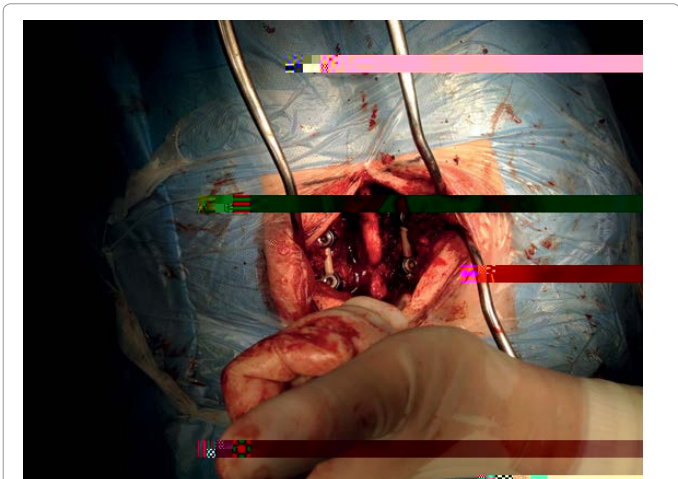


Figure 1: The use of the PEEK rod system in patients with degenerative disc disease.



Figure 2: Concept of maintaining the elements mobile as against those of keeping them rigid.