

Arthroscopically assisted Mini incision Discectomy

Freih Abu Hassan

Freih Odeh Abu Hassan
F.R.C.S.(Eng.) ,F.R.C.S.(Tr.&Orth.)
Professor of Orthopaedics,
University of Jordan

Jordan University

Professor Freih Abuhassan - University of
Jordan-
freih@ju.edu.jo

1/9/2011

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- * **48 Patients.**
- * **31 M 17 F**
- * **Mean age 35.3 (24-64)**

Patients Selection

- 1- Persistence of pain $>$ 6W,
(Leg pain $>$ Back pain).**
- 2- Radicular symptoms & signs.**
- 3- Positive SLR , Cross SLR !!.**
- 4-Positive radiological imaging.**

Preoperative investigations

- **Plain X-ray: (AP+Lat.)**
48 Patient.
- **CT SCAN : 4 Patients**
- **MRI : 44 Patient**



Level of Herniation

* L4-5 : 32 (66.6%)

11 F = 21 M

* L5-S1: 15 (31.0%)

6F = 9 M

* L3-4 : 1 M.

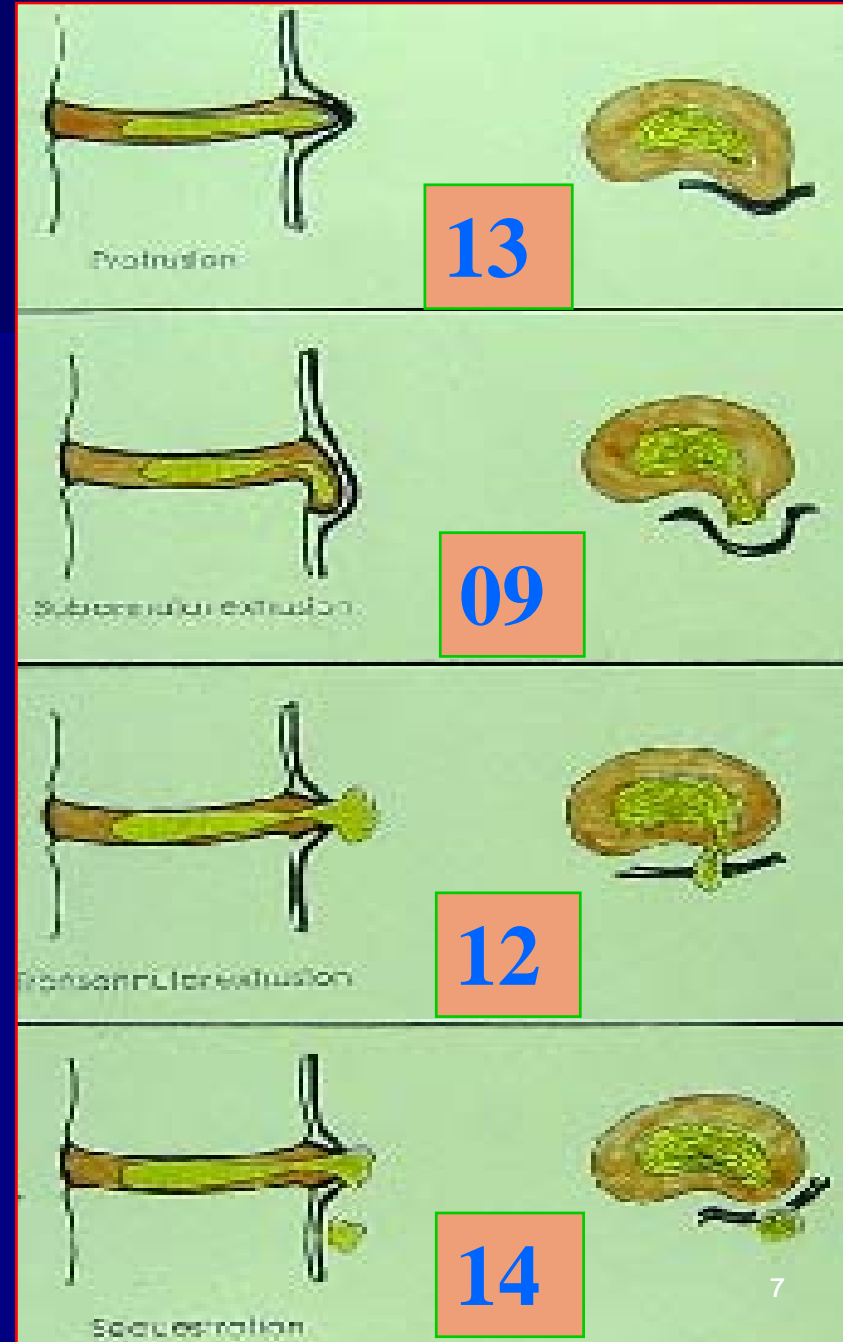
Pathology

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Focal Stenosis 13

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Duration of Symptoms

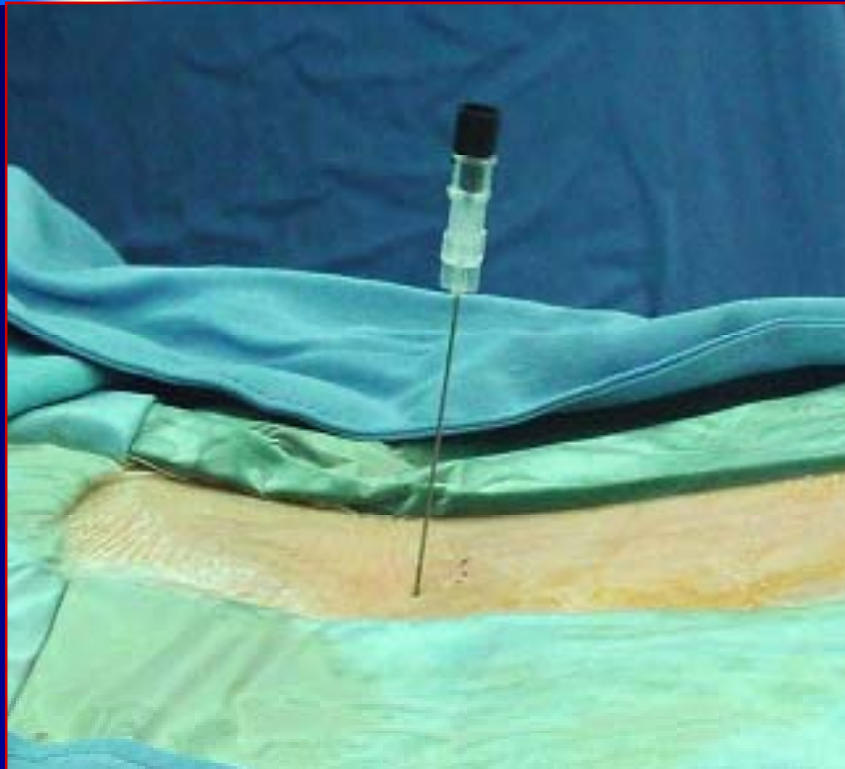
5 Months (8W – 30 M)

Follow up

46 m (12-62)

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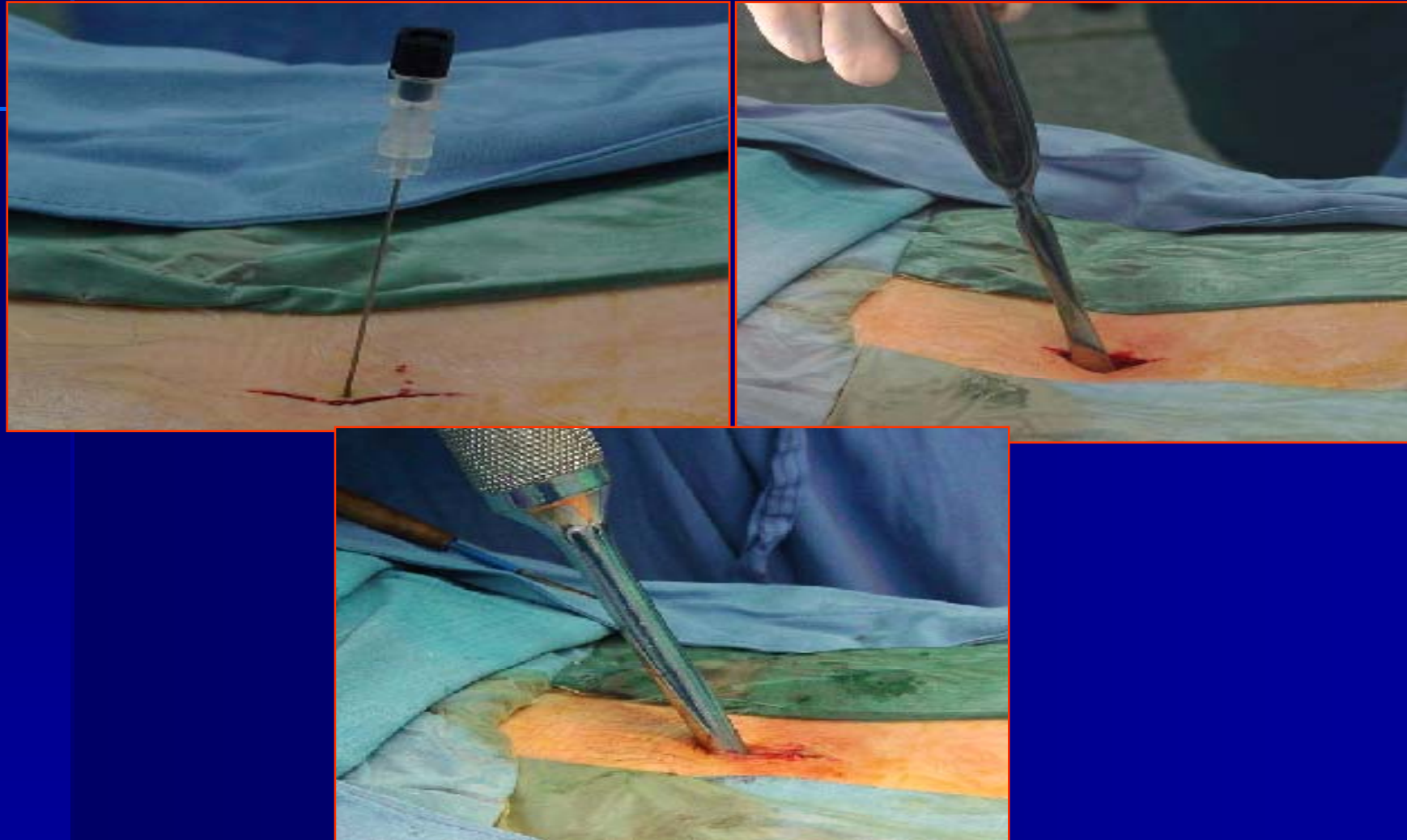


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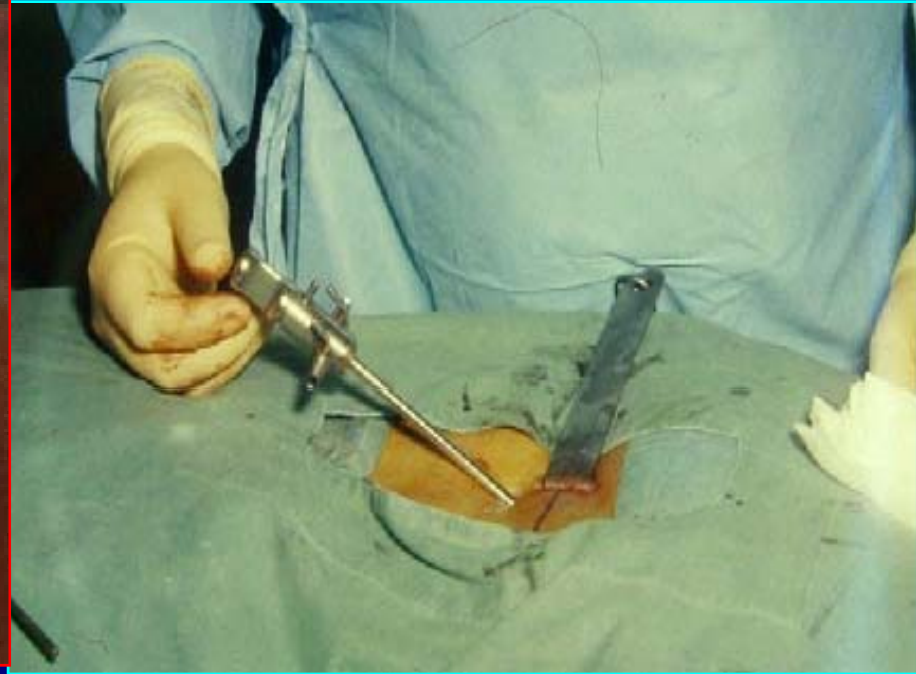
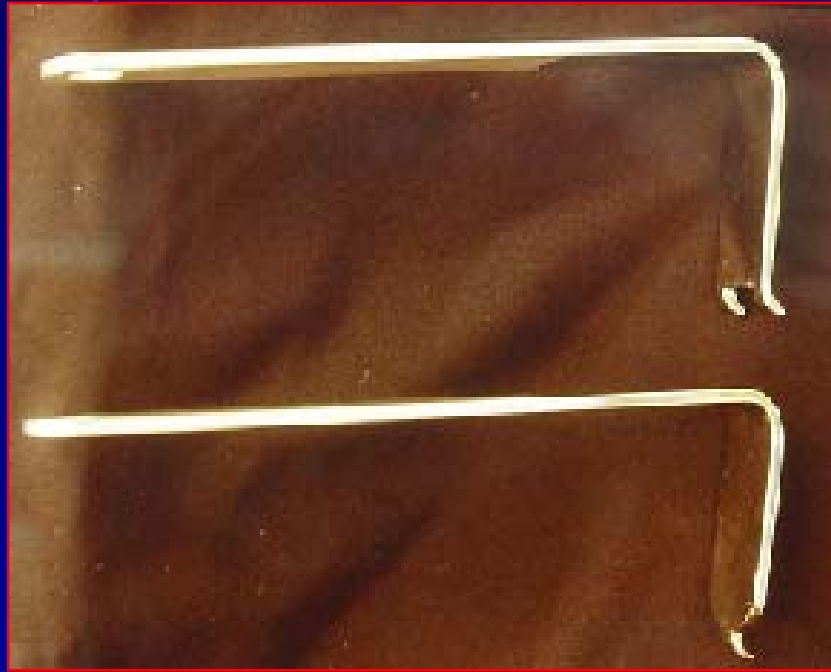
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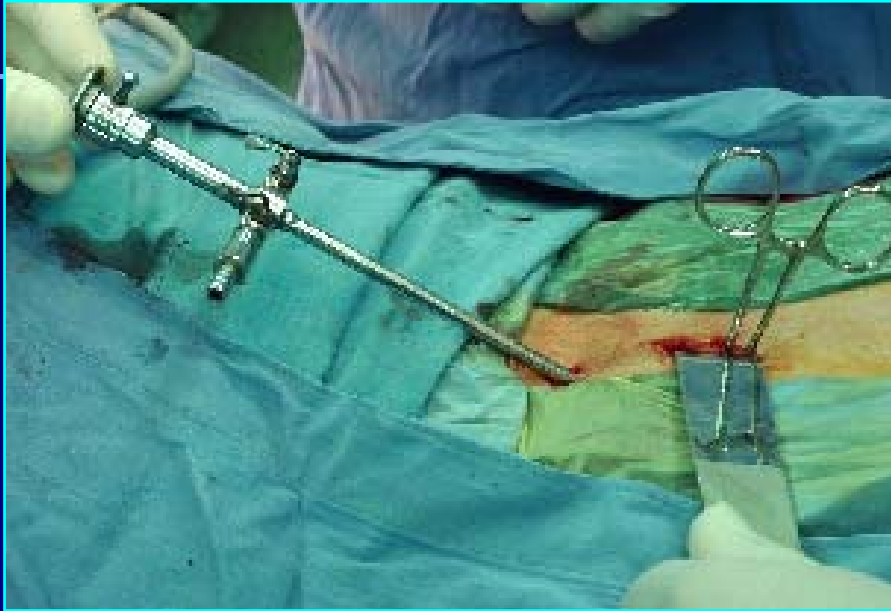
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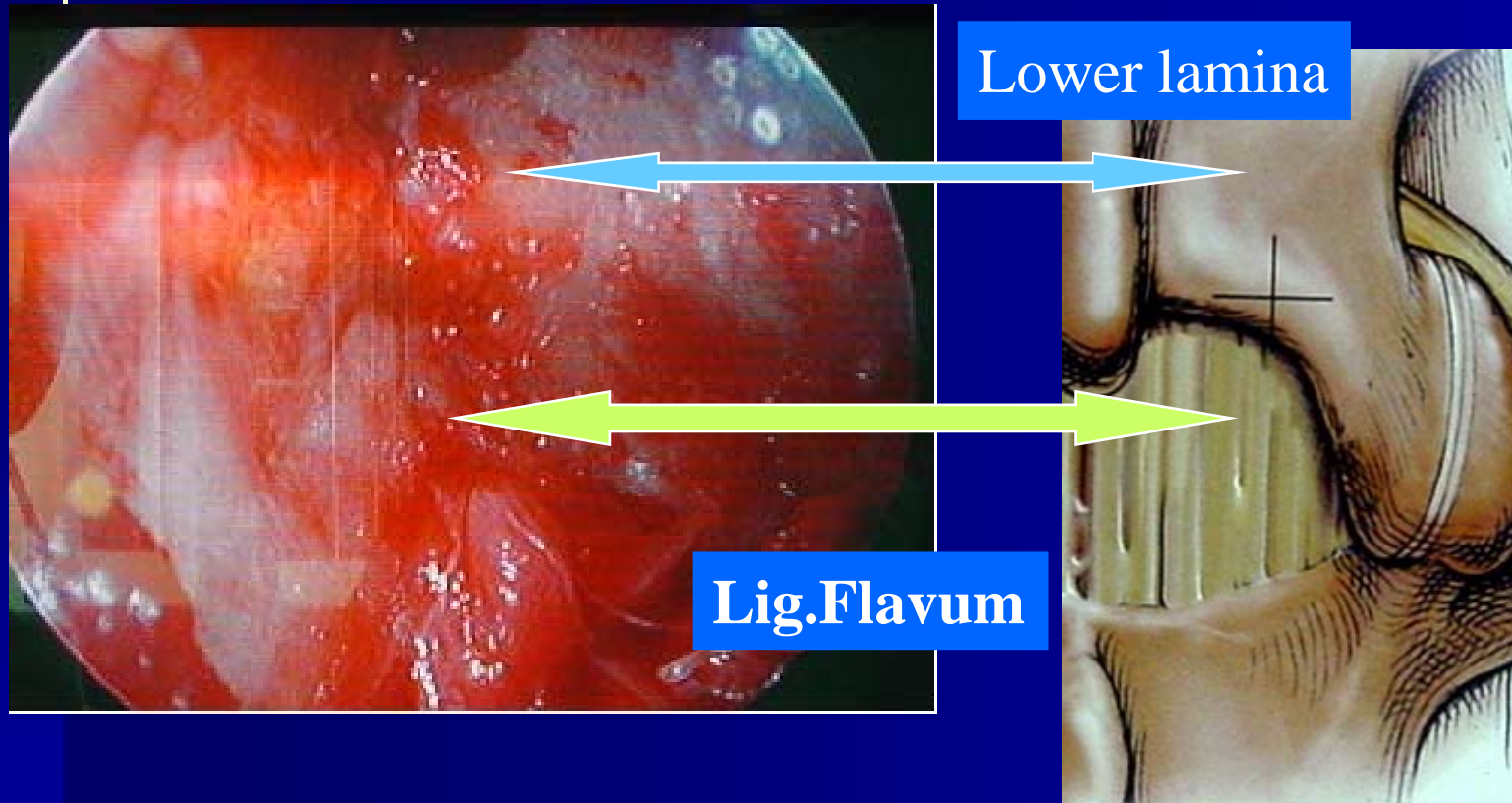
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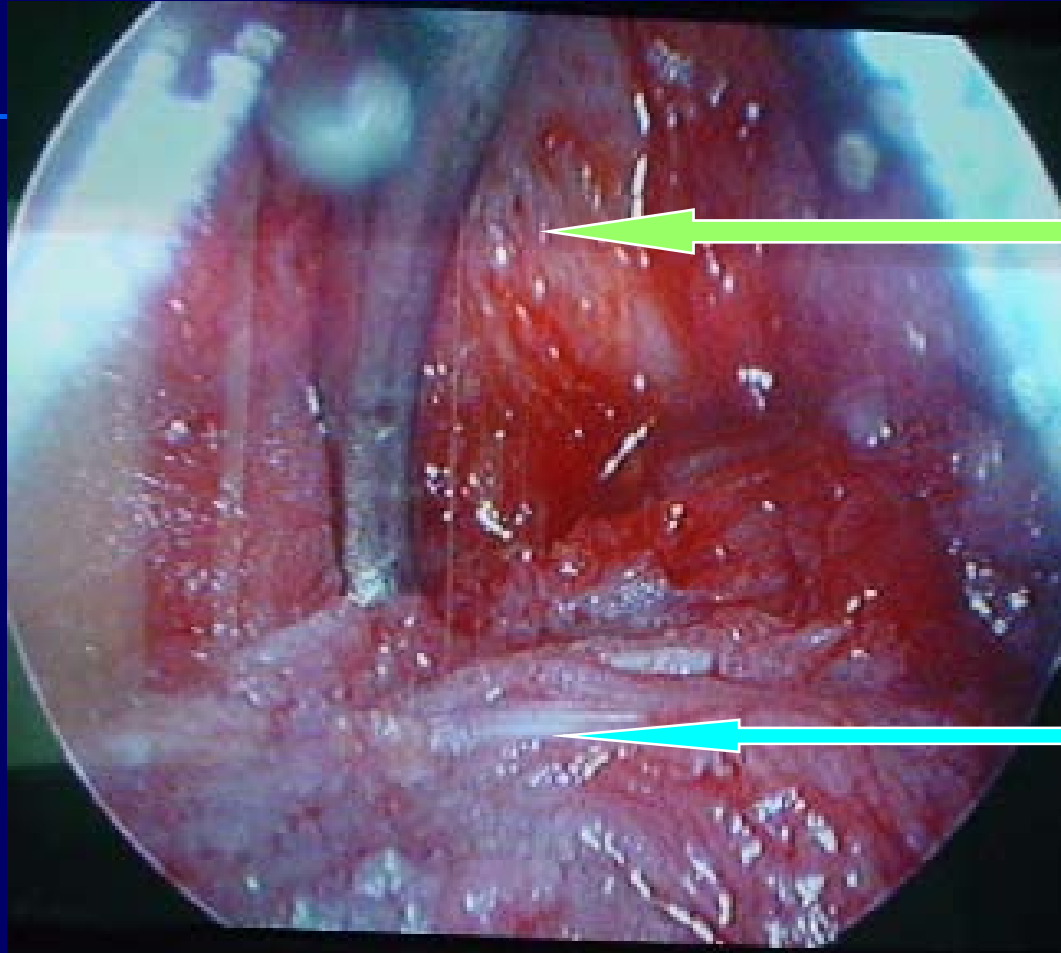
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Lower lamina

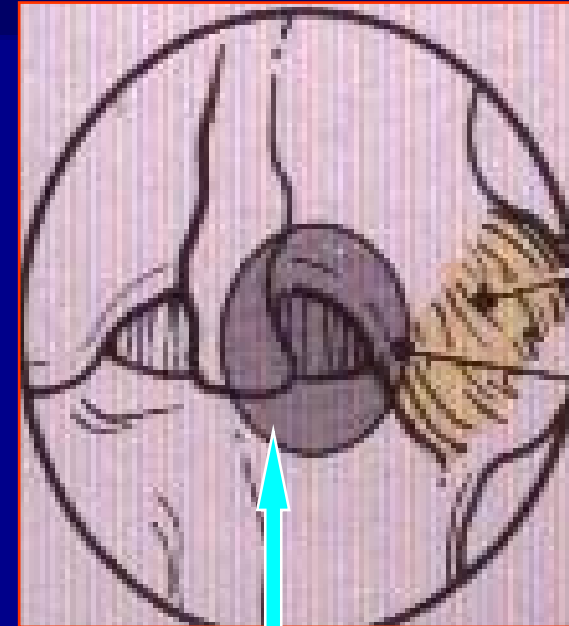
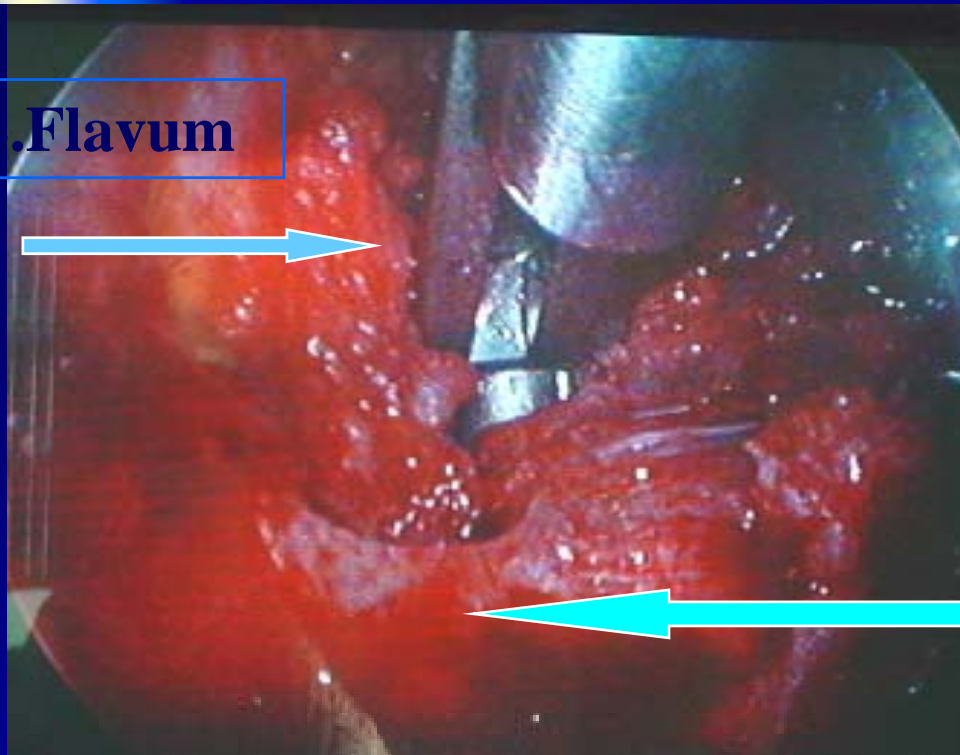
Lig. Flavum

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Flavum

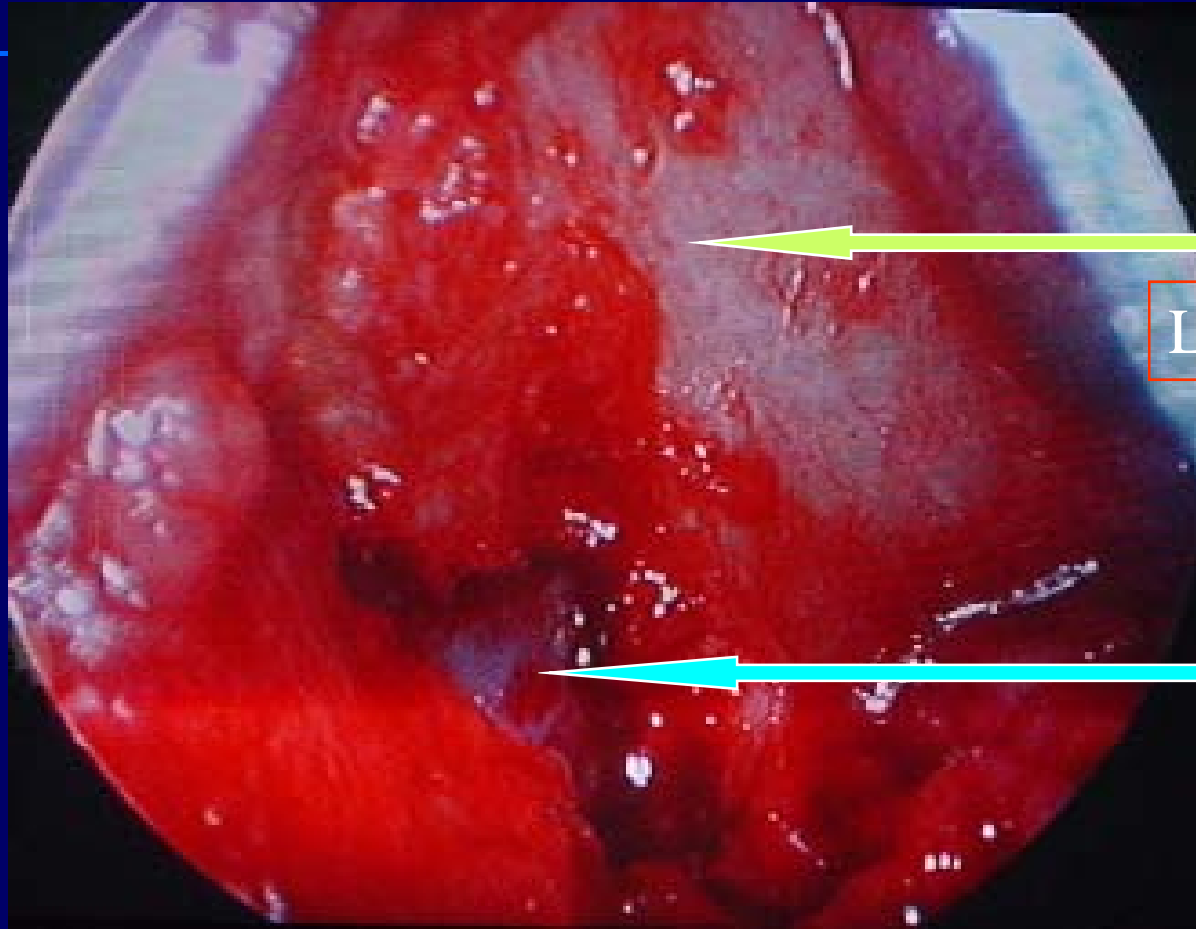


Upper lamina

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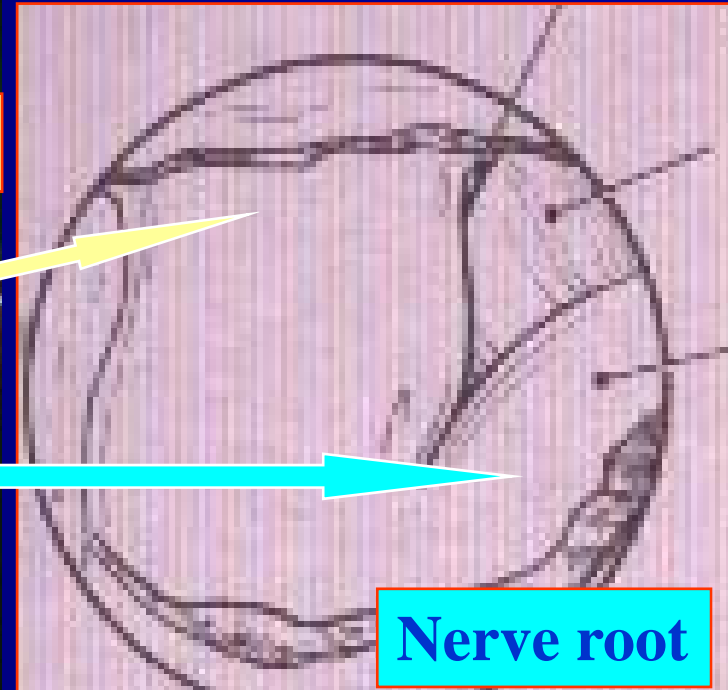
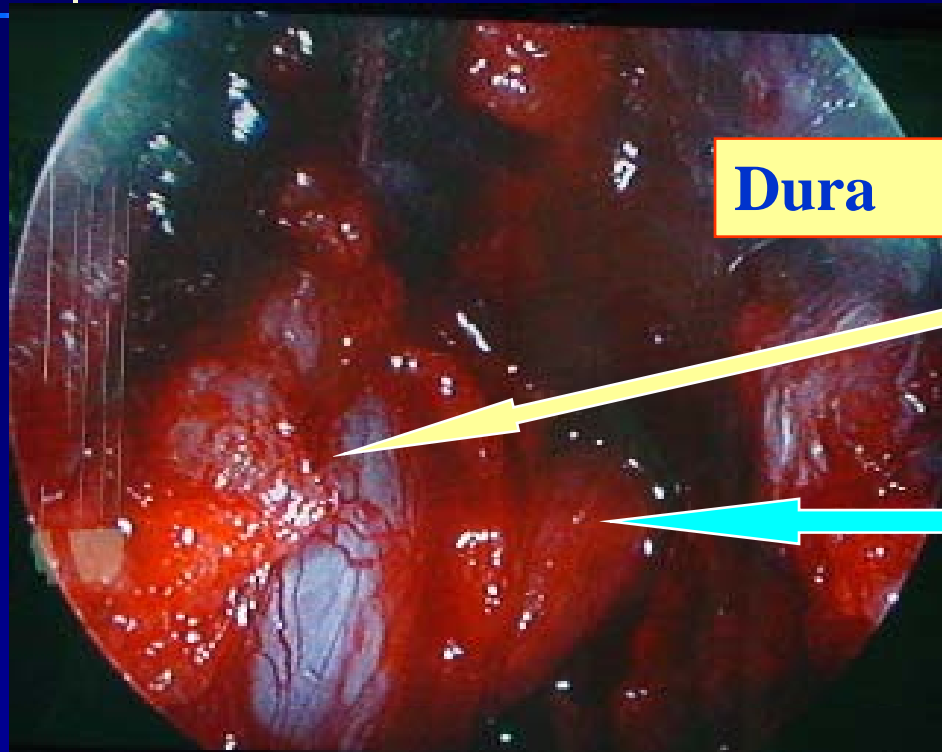
Lower lamina

Dura

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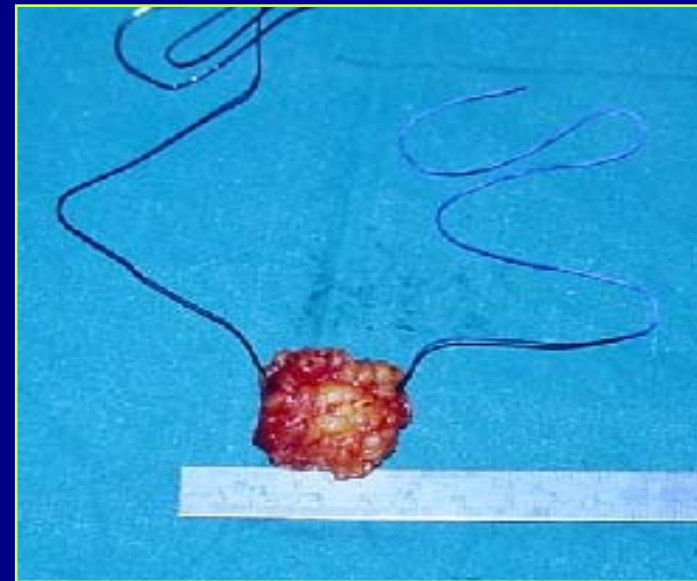
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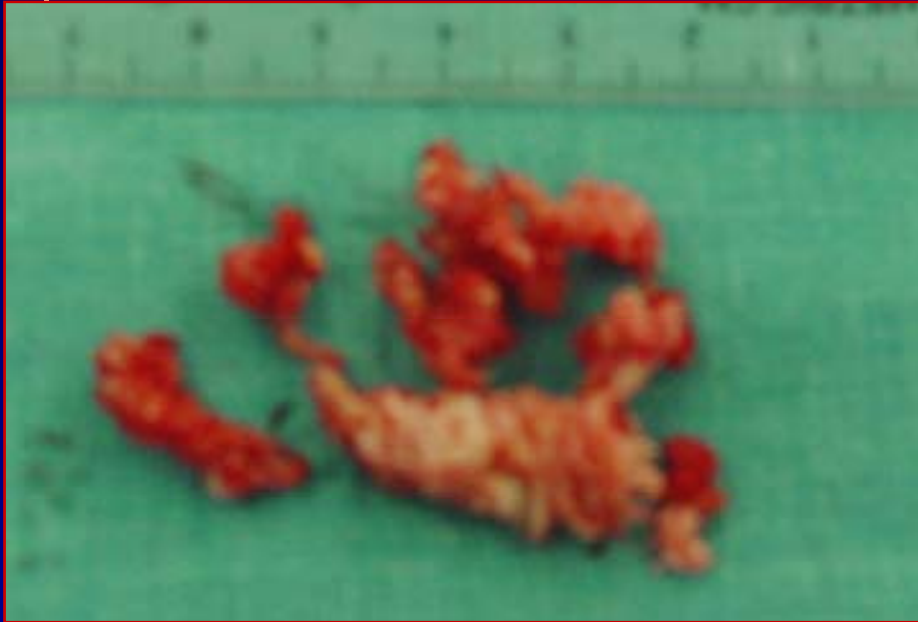
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- * **Decompression of nerve root.**
- * **Dexamethasone 12mg I.V**

Operating time

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101 min.(85min -140min)

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Post Operative instructions

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- * **Two doses of antibiotics.**
- * **Mobilize next day.**

Physiotherapy instructions. (1st PO Day)

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- * Isometric abdominal & L.L exercises.**
- * Sitting ,sleeping .**
- * SLR exercises.**
- * Safe mobilization.**

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When Patient can go Home?

- *Physiotherapy instructions
- *Full independent mobilization
- *No major medical illness.
- *Minimal pain.

Patients Discharge

32 Patient after 48h P.O
09 Patient after 72h P.O
02 Patient after one week P.O
01 Patient after 3 weeks P.O

2 Weeks PO

- * Hydrotherapy, swimming.
- * Strengthening of abdominal & L.L Muscles.

4 Weeks PO

- Gradual increase in sitting & driving.
- Resume ADL.
- Back care

Complications

* Spondylodiscitis	01
* Dural Tear +S1 root injury	02
* Reherniation	01
* Subcut.Hematoma/reherniation	01
*One case of L5 N.root injury	01

Complications

Converted to open surgery

* Dural Tear +S1 N root injury
(associated canal stenosis)

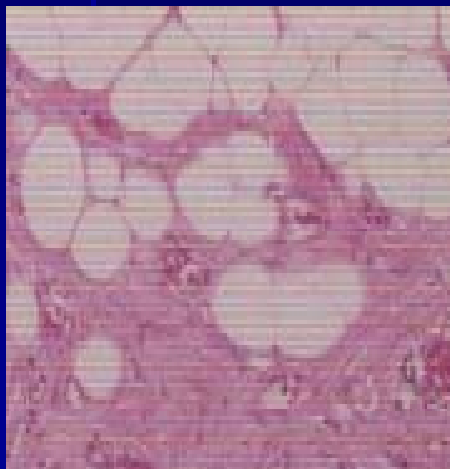
02

*One case of L5 N.root injury
(Break down in Image I)

01

Spondylodiscitis

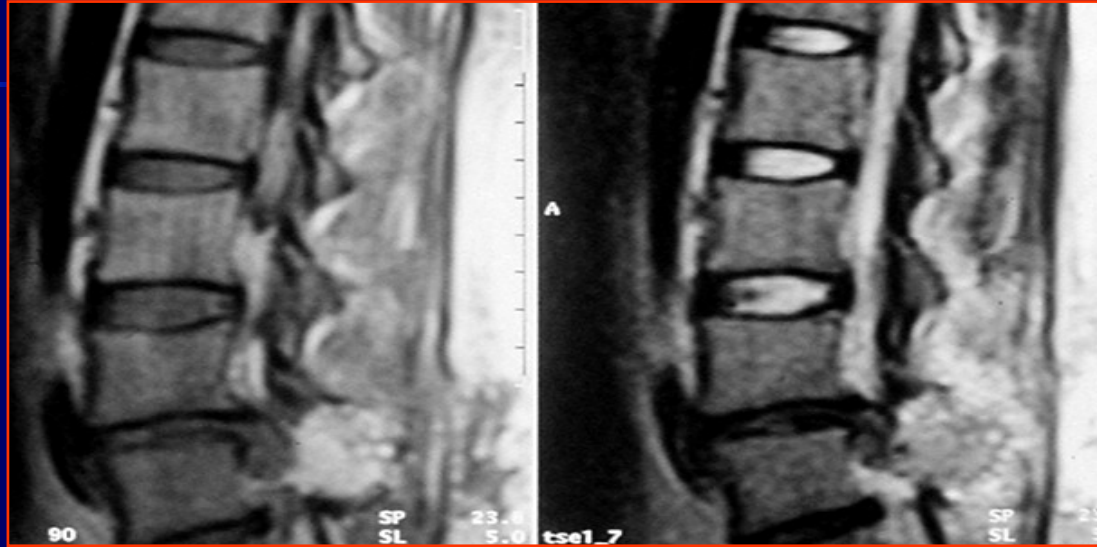
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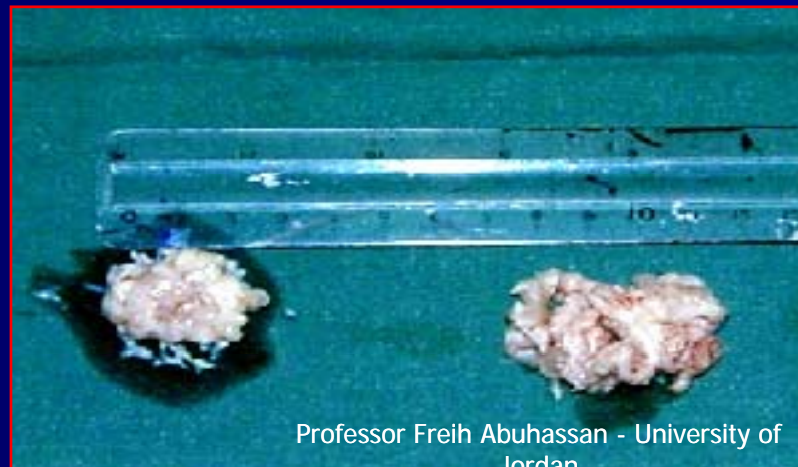
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Reherniation

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Results/Symptoms

39 Patients Symptoms free in < 4 weeks
01 persistent back pain for six months
01 patient stiff back!!!! For 2 months
02 persistent numbness S1 root.
01 Drop foot

Results/Activity

- * 40 Patient → ADL & Work Within 4-8 Weeks.**
- * 01 patient (Discitis) needed 6 months leave.**
- * 02 Patient needed 3 M leave.**

Conclusion

- 1- Excellent visualization.**
- 2- Less disruption to tissues.**
- 3- Precise removal of the Disc.**
- 4- Treat all disc herniations.**

Conclusion

- 4- Used with cautions in stenosis.**
- 5- Early recovery.**
- 6- Discharge after 48hr. PO.**

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THANK YOU

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