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Role of short segment fixation with open transpedicular vertebroplasty in management of thoracolumbar fractures

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Background: Thoracolumbar fractures are mostly caused by excessive axial loading force and mostly presented in the form of burst fractures.

Purpose: To evaluate using the technique of open transpedicular vertebroplasty with short segment fixation in management of thoracolumbar fractures.

Method: Between May 2013 to May 2016, 20 patients (6 males, 14 females) were included. All patients underwent open transpedicular vertebroplasty with extraction of the retropulsed bone fragments was used in cases that had extreme spinal canal compromise (5 cases). The operation time was at 10 days or less after injury. Full neurological examination and radiological measures were carried out. Postoperative details recovery and visual analogue scale were evaluated.

Result: The mean age of the study population at reconstruction was 27 years (range, 18-38 years). The delay time between the time of trauma and surgery was average 6 days (range, 2-10 days). Average follow up period was 14 month. All patient showed no complications except one had CSF leak, one had worsening of the motor power of the lower limbs M3 and one had wound superficial infection. One year after surgery, the range of kyphotic angle is between 15 and 20 degrees. 90% restored the height of the anterior column. All patients were improved on physiotherapy. The patient activity fulfilled with satisfaction in 13 patients on VAS.

Conclusion: Open transpedicular vertebroplasty with short segment fixation is very effective reliable technique that has nearly no operative complications and get the spine surgeon do overcome the challenging points in management of the burst thoracolumbar fractures.

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