MINIMALLY INVASIVE & ENDOSCOPIC SPINE SURGERY

Why Minimally Invasive Spine Surgery?

- A basic tenet of surgery is to effectively treat pathology with minimal disturbance of normal anatomy: leaving ***"the smallest footprint."***

  -Minimizes tissue trauma, post-operative pain &hospital stay

  -Better cosmesis

MISS-Advantages:

- Reduced post-operative pain
- Tiny scars
- Shorter recovery time
- Shorter hospital stay

- Surgery → Tissue damage
- Tissue Damage → Pain/Function
- MIS → Less Pain/Better Function

- Kawaguchi et al(Spine;1998): Effect of retraction on back muscles in rats
- Three comparison groups:

  2-hour continuous retraction,

  5-minute retraction release after 1 hour of retraction

  5-minute release at every 40 minutes of retraction.

- Kawaguchi et al(Spine;1998)
- Histochemical examination at 48hrs, 1week, 6weeks
- Serum CPK MM measurement at 48 hrs
- Results: Muscle degeneration max. in group 1

  CPKMM highest in group1

  Regenerated muscle fibres of smallest diameter in group1

- Taylor H et al(Spine;2002): Impact of self retaining retractors on paraspinal muscles
- Twenty patients;Intramuscular pressure measurement 5, 30, 60 min. into the surgery
- Muscle biopsies before and after retraction studied using ATP birefringence.
- Results:

  Significant increase in IMP during retraction

  Reduced function following retraction (decreased ATP)

- Datta G et al(Neursurgery;2004):Back pain & disability after lumbar laminectomy:Is there a relation to muscle retraction?
- Twenty patients; continuous monitoring of IMP &IPP
- VAS, ODI,SF-36 Health survey
- Results:

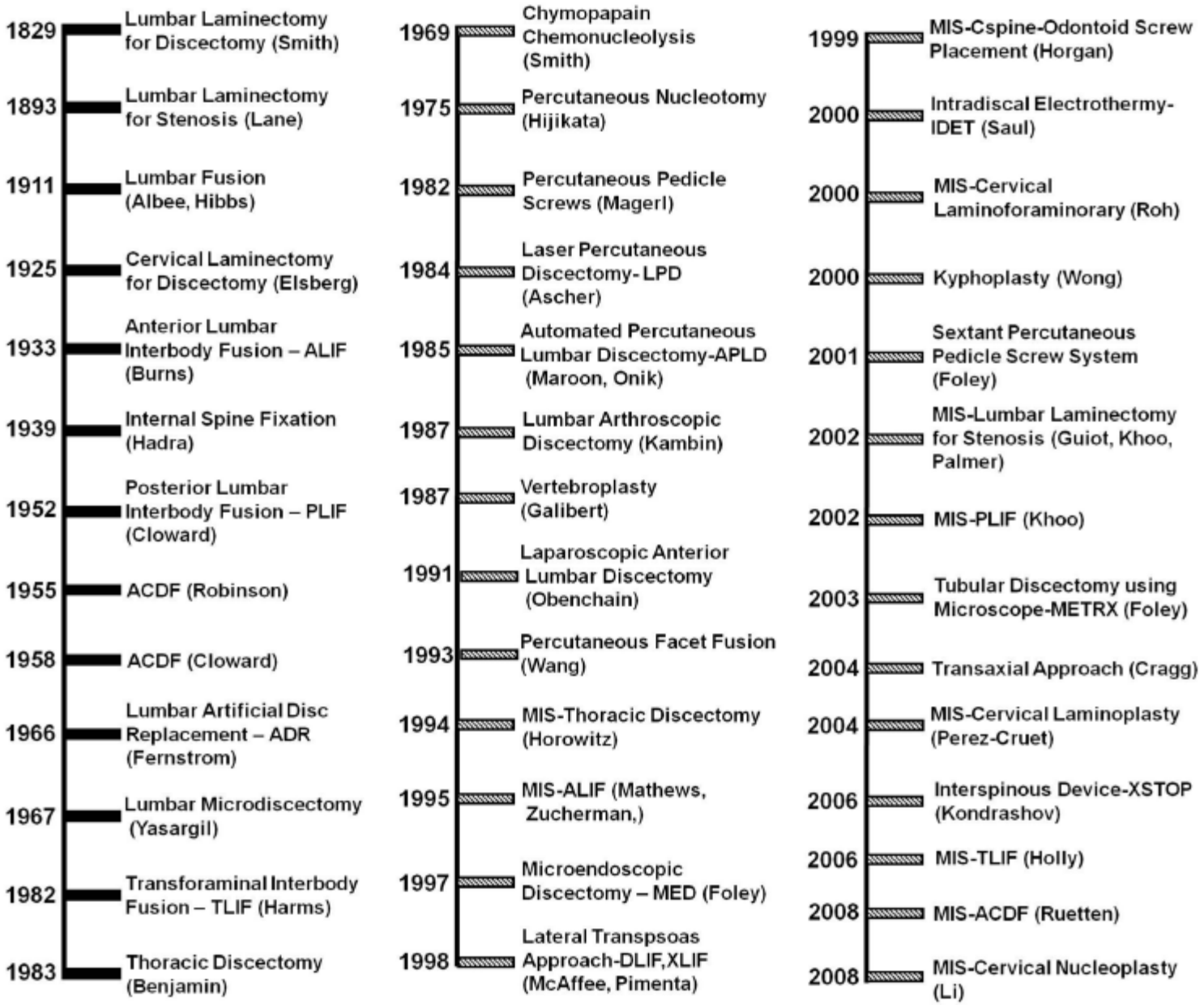
  Rapid/sustained rise in IMP with retraction;IPP→0

  VAS,ODI,SF-36 at 6 months worse with retraction>60min;no relation to retractor type, IMP/IPP, surgeon, wound length

- MISS circumvents iatrogenic surgical morbidity decreasing tissue injury and blood loss, and thereby reduce length of hospitalization, perioperative pain, analgesic usage, and recovery times.
- In many cases, MISS has converted simple decompressive operations into outpatient procedures.

  Thus capturing the interest of surgeons and patients alike.

Milestones in Spine Surgery



Types of Spinal Minimally Invasive Procedures

- Minimally invasive procedures and technologies can be broadly characterized as:
- Traditional open procedures through small incisions (open microdiscectomy),
- Endoscopy (thoracic/lumbar discectomy, deformity management, and trauma management),
- Tubular retractor–muscle dilation (MED, METRx, XLIF, Sextant, Mantis, and Longitude),
- Fine needle procedures (chemonucleolysis, nucleotome procedures, vertebroplasty, and kyphoplasty), and
- miscellaneous technologies (laser-assisted percutaneous discectomy, X-STOP, and AxiaLIF).

Keys to MISS

- Smaller incisions
- Muscle splitting instead of muscle cutting
  Spine Surgery
- Flouroscopic and image-guided navigation

MISS-Lumbar Spine Disease

- MI Discectomy
- Anterior Lumbar Interbody Fusion (ALIF)
- Posterior Lumbar Interbody Fusion (PLIF)
- Transforaminal Lumbar Interbody Fusion
- eXtreme Lateral Interbody Fusion
- AxialIF for Degenerative L4-S1 Disc Disease
- Kyphoplasty/Vertebroplasty

Retractor Systems

- METRx
- MIRA
- AccuVision Minimally Invasive spine System
- NAPA Minimally Invasive Retractor System
- Serengeti Retractor System
- Luxor Minimally Invasive Retractor System

Microlumbar discectomy

- Entry point is through the interlaminar window
- Microscope provides better visualization

Microlumbar discectomy

Indications:

- Single level disc herniation
- Adjacent bisegmental herniation
- Dessicated disc with bony root entrapment/ lateral canal stenosis

Contraidications:

- Spinal canal stenosis
- > 2 level disc
- Bony bridging of interlaminar space

Microendoscopic discectomy

- First developed in 1997
- Muscle splitting approach with serial tubular dilators
- Tubular retractor and special endoscope used to perform discectomy

MED-Advantages

- It reduces tissue trauma, less traumatic than standard microdiscectomy
- Integral visualization and illumination of the operative field through the endoscope
- Allows direct visualization of the nerve root and disc disease, and
- Enables bony decompression.

MED-Limitations

- There is a learning curve to using the system efficiently and safely
- Complications like dural tear, if occur can be difficult to repair
- Delicate instruments with risk of instrument failure

MED vs Open Lumbar discectomy

- Righesso O et al(Neurosurgery;2007)
- Randomized controlled trial
- 40 patients with sciatica/lumbar disc disease;24 months follow-up
- Statistically significant variables amongst many studied:

  Length of incision- Greater in OD

  Length of hospital stay- Greater in OD

  Operative time- Greater in MED

MISS-Degenerative Disease of Spine

- Advances in imaging, instrumentation, bone graft substitutes have allowed development of MISS
- Much of the developmental trends in MISS and in spine surgery in general have been driven by the challenge of achieving arthrodesis in the lumbar spine.

MISS-Degenerative Disease of Spine

- The chronology of open techniques for accessing the disc space

  1933: Burns-ALIF

  1952: Cloward-PLIF

  1966:Fernstrom ADR

  1982: Harms & Rolinger-TLIF

- 1991: Obenchain- Anterior laparoscopic disc removal
- 2002:Khoo- First MIS–PLIF procedure
- 2006,:Holly and Schwender MISTLIFs using tubular retractors.
- 2008:Park & Foley- Percutaneous reduction screws (CD Horizon Sextant, Medtronic, Inc.) along with PEEK interbody spacers to perform MISTLIF procedure in patients with Grades I and II isthmic spondylolisthesis.

Minimally Invasive Percutaneous Posterior Lumbar Interbody Fusion

Sextant System

Sextant- An instrument used to measure the altitude of an object above horizon
The scale has a length of 1/6 of a full circle
Principle: Any two points in proximity can be considered part of a circle

Anterior Lumbar Interbody Fusion

- Iatrogenic trauma- the main contributior to complications and morbidity associated with open anterior approach to the lumbar spine and lumbosacral junction
- The application of microsurgical principles and philosophy could overcome these technique-associated disadvantages.

Anterior Lumbar Interbody Fusion

- Retroperitoneal microsurgical appproach (L2-3,L3-4,L4-5)

Anterior Lumbar Interbody Fusion

- Midline microsurgical approach to L5-S1

Anterior Lumbar Interbody Fusion

- Voss S et al (1998):

  20% reduction in operative time

  50% reduction in blood loss

  No significant difference in clinical outcome &complication rates

eXtreme Lateral Interbody Fusion-XLIF

- Retroperitoneal approach
- Lateral flank incision
- Microscope/Endoscope

eXtreme Lateral Interbody Fusion-XLIF

- Patient starts walking within few hours
- Discharged after 24 hours
- Rapid return to normal activity, within weeks rather than months

eXtreme Lateral Interbody Fusion-XLIF

- XLIF can be performed for a variety of conditions :
- Degenerative disc disease,
- Recurrent disc herniation,
- Spondylolisthesis,
- Pseudoarthrosis, osteomyelitis/discitis, and post-laminectomy syndrome.
- Anterior and lateral tumors of the thoracolumbar spine
- Debilitating spinal deformity (scoliosis).

eXtreme Lateral Interbody Fusion-XLIF

- Patient selection is important –

  Severe canal stenosis secondary to facet hypertrophy &

  Dorsal compressive disease require posterior approach

AxiaLIF

- Developed by Cragg,2004
- Safe, reproducible, pre-sacral approach
- Minimally invasive access

AxiaLIF

- Soft-tissue sparing
- Annulus remains intact
- Restoration of disc height
- Immediate rigid segmental fixation and stability of L4-S1
- Virgin corridor for a previously operated segment
- Enables fusion of L5-S1 without removing implants from rostral previously implanted segment

AxiaLIF 2L Animation.flv

AxiaLIF-Complications

- Hemorrhage
- Bowel Perforation
- Infection
- Hardware failure

Vertebroplasty/Kyphoplasty

- Percutaneous vertebroplasty –Deramond et al(1987)
- An image-guided, minimally invasive, non-surgical therapy used to strengthen a broken vertebra
- Indications:

  - Pain caused by osteoporotic compression fractures.
  - Pain caused by fractures due to vascular malformations.
  - Pain caused by fractures due to tumors, which have invaded the vertebral body

Vertebroplasty/Kyphoplasty

- Contraindications:
- Recent systemic/spinal infection
- Uncorrected bleeding diathesis
- Insufficient cardiopulmonary health
- Fracture related canal compromise with myelopathy/radiculopathy

Vertebroplasty-Complications

- Incidence :< 10%
  - Increased pain,
  - Radiculopathies,
  - Cord compression,
  - Infection,
  - Rib fracture,
  - Adjacent level vertebral body collapse,
    Venous embolism
  - Cement migration(radiculopathy-4%;cord compression-0.5%)

Vertebroplasty-Complications

- Cement migration can be prevented by parrtial filling of VB(<30% by vol of VB)
- Liebschner et al(Spine;2001)-Only 15% volume fraction is needed to restore stiffness to predamaged levels.

Video Assisted Thoracoscopic Surgery

- Indications:
  - -Disc herniation
  - -Sympathectomy
  - -Vertebral biopsy
  - -Vertebrectomy
  - -Bone graft/instrumentation
  - -Anterior release for spinal deformity correction

VATS-Surgical approach

- Side selection:

  Lateralization of pathology

  Eccentric placement of aorta

- Anaesthesia:

  Single lung ventilation/bronchial blockers

VATS-Surgical approach

- Position:Lateral decubitus
- Port placement:

  Reverse L pattern

  10mm(3-18mm);3-4 portals

  First port-Anterior axillary line 6^{th}/ 7^{th} ICS.

  One port caudal & another rostral central to the area of interest

VATS-Thoracic Discectomy

- VATS vs Open Thoracotomy

  Lanreneau et al(1993): Less pain, improved pulmmonary function & superior shoulder girdle function inVATS group.

  Caputy et al (1995):Successful use of VATS for thoracic discectomy in cadaveric/porcine followed by clinical use.

VATS-Thoracic Discectomy

- Thoracoscopy Vs Costotransversectomy (CT) &Open thoracotomy for thoracic discectomy

Rosenthal & Dickman(1999):

Fresh neurological deficits- None in thoracoscopy & thoracotomy group;7% in CT group

Intercostal neuralgia- Thoracoscopy-16%;CT-20%;Thoracotomy -50%

VATS-Thoracic Discectomy

- One hour reduction in operative time
- 50% reduction in blood loss,narcotic use & hospital length of stay
- Neurological improvement-27/36 (myelopathy);19/19(radiculopathy)
- Neurological stabilization in all