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優秀論文比賽： 參加(請詳讀中華民國骨科醫學會【優秀論文遴選辦法】)  否

論文分類： Adult Recon  Pediatrics  Hand  Sports  Trauma  Research  Spine  
 Tumor  Foot-Ankle  Infection  Others: \_\_\_\_\_

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The clinical evaluation of Posterior Dynamic Stabilization for degenerative spondylolisthesis

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## 【Introduction】

To evaluate whether posterior dynamic stabilization in situ with Dynesys after decompression could provide enough stability to prevent progression of spondylolisthesis and maintain the clinical results in mid-term follow-up.

## 【Materials and Methods】

Dec. 2006 to Oct. 2009, 53 patients with lumbar degenerative spondylolisthesis who underwent posterior decompression and dynamic stabilization with DYNESYS without spinal fusion were analyzed. Patients were evaluated clinically, including Visual analog scale (VAS) for back/leg pain, Oswestry Disability Index(ODI), and radiologically, flexion/extension ROM ratio of adjacent/index segment after an consecutive follow-up.

## 【Results】

These 53 patients in the study had a mean age of 62.4 years (range, 52~81 years) and the mean follow-up duration was 53.2 months (range, 32~68). Pain on visual analogue score scale (VAS) and Oswestry Disability Index (ODI scale) had significant improvement after operation and the results remained unchanged at final follow-up. Radiographically, spondylolisthesis did not progress and the motion segments remained stable. There was no screw breakage at the index level in flexion/extension views. Mean Pre-op and post-op varieties in ROM of flexion/extension was 1.5/0.5/1.4 (upper adjacent/index/lower adjacent segment) in ratio. Overall, patient satisfaction rate remained high.

## 【Discussion】

In patients with degenerative spondylolisthesis, significant improvement in VAS and ODI post decompression and dynamic stabilization was compatible with previous studies of posterior fusion. The DYNESYS could provide enough stability to maintain clinical results and prevent progression of spondylolisthesis in mid-term follow up. Because no bone grafting is necessary, donor site morbidity, which is one of the main drawbacks of fusion is eliminated.

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