

A THREE-YEAR FOLLOW-UP OF BIPORTAL ENDOSCOPIC SPINE SURGERY FOR LUMBAR SPINAL STENOSIS – ASSESSMENT OF QUALITY OF LIFE

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Introduction:

To evaluate functional and quality of life (QOL) outcomes after biportal endoscopic spine surgery for lumbar spinal stenosis

Materials and methods:

This was a retrospective study. We included patients with lumbar spinal stenosis at the level of L4-5 in our hospital who underwent biportal endoscopic spine surgery. We evaluated the pre-operative and post-operative functional (SF-36 and numerical rating scale) data with a minimum follow-up of three years.

Results:

A total of 30 patients were included in our study. Analysis showed that in three-year follow-up, there was significant improvement in functional outcomes compared to pre-operative findings. Complications included post-operative hematoma and transient dysesthesia were only found in small percentage of the patients.

Conclusion:

There is improved long term functional outcomes in patients with biportal endoscopic spine surgery for lumbar spinal stenosis with acceptable rate of complications.

Keywords:

three-year follow-up, biportal endoscopic spine surgery, functional outcomes