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Epidural Steroid Injections in treatment of Chronic Low Back Pain caused by Degenerative-Dystrophic Spinal Damage

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Introduction: High prevalence rate of Degenerative-Dystrophic Spinal Damage along with the variability of investigation findings concerning the efficacy of steroid injections into epidural space for the treatment of the Chronic Low Back Pain, caused by Degenerative Spinal Damage, makes investigation concerning the Low Back Pain Syndrome treatment by the method of Epidural Steroid Injections Monotherapy Actual.

Purpose of investigation: To enhance the efficacy of patients with Chronic Low Back Pain caused by the degenerative-dystrophic spinal damage treatment through the development of science-based indications for epidural steroid injections.

Materials and methods: Early and remote results of 120 patients (39 to 86 years old) with Chronic Low Back Pain treatment using exclusively epidural steroid injections were analyzed. The Control group was 36 patients (45 to 80 years old) with Chronic Low Back Pain treated conservatively.

Investigation findings: No significant difference in the treatment results between the main' and the control groups of patients has been detected in the early period, but based on the analysis of both the Oswestry Disability Index values and the Visual Analog Pain Scale (Student's t-test) values it should be noted that the studied differences are arranged in favor of the main group. At the same time, a significant difference has been detected in the remote treatment results between the main' and the control group of patients – based on the analysis of both the Oswestry Disability Index values and the Visual Analog Pain Scale (Student's t-test) values; the said difference testifying in favor of the monotherapy method (with the use of epidural steroid injections).

Conclusion: Performed investigation showed high efficacy of epidural steroid injections monotherapy in the treatment of the Chronic Low Back Pain caused by degenerative-dystrophic spinal damage.

Epidural steroid injections are indicated in Herniation of Intervertebral Disks, Neurocanal Stenoses, Spondylolistheses, Spondylarthroses that cause Chronic Low Back Pain.

Biography

Kvasnitskyi Mykola Vasyliovych is the Senior Research Associate of the Research Department of Minimally Invasive Surgery of the State Scientific Institution "Applied Research Centre for Preventive and Clinical Medicine" of the Public General Affairs Department under the President of Ukraine (SSI "ARC PCM" PGAD), M.D. Board-certified in neurosurgery, habilitation, or higher doctorate (2004), Professor (2007), Honoured Doctor of Ukraine (2005), the author of 116 scientific works, monographs, lectures, practice notes, and guidelines. Kvasnitskyi has been involved in neurosurgery and neurology for more than 40 years. His area of expertise is multiple tumors of the Nervous System, Neurotrauma, Degenerative Diseases of the Spine, Pain Syndromes.

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