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Inter-Laminar Spine Endoscopy - My journey through the learning curve

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Interlaminar spine endoscopy started as a mean solution to deal with L5S1 problems that were not accessible to transformational approach. We retrospectively reviewed records from november-2019 to May-2022. Patients had undergone FELD with interlaminar approach were included and follow-up was done at 4 days, 2 and 6 weeks and 3 months. We started to do spine endoscopy cases in November 2019. In totally we have done a total of 18 surgeries for 18 patients. 5 patients had 2 techniques at same operation. The median age was 38,1 (58-21), 14 left sided surgeries and 4 right sided, from these we had 9 males and 9 females. All these with 17 LDH and 1 of LS and the location was in 18 cases for L5S. The average length of stay was 1, 38 days (max 4 and min 7 hours), and the average operation time was 103 minutes (160-45). In the year 2022 all patients were operated in ambulatory mode. As for the results in overall we had 67 % excellent results, 22% good results, 0 % fair results and 11 % of poor results according to MacNab classification. The VAS leg had a pre op of 5, 94 (9-3) and pos op 3 months of 1,05 (2-0), the VAS back had a pre op of 6 (9-0) and pos op 3 months of 2 (4-1). The Oswestry score had a pre op of 43,8 (66-8) and a pos op at 3 months 14,2 (48-4). We had 2 patients with a reherniation (11%), no infection or dural leak cases. Although this is a small case study, we had a 89 % excellent and good results, we consider it is quite acceptable for the initial learning curve of this spine endoscopy technique.

Recent Publications

1. Traumatismos da coluna cervical - Erros na interpretação dos exames radiológicos – pseudofracturas Manuel Carvalho Simões, Luís Machado Soares, Rev Port Ortop Traum 11:137-140, 2003
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Biography

Luís Soares is working as an Orthopedic Senior Consultant since 2015. He did his National Portuguese Board Exam in 2007, got his Medical degree in 1998. Currently he is interested in spine surgery, spine endoscopy and awake spine surgery. He was responsible with his department of the residency program as well as the Spine Surgery until 2020. He was functioning as the director of the Emergency Room and Operating Room departments of my Hospital. He is the author of a published book "Ortopedia – Realidade e prática no serviço de urgência" 2012. He is responsible for 20 editions of the Basic Orthopedic Course in my Hospital. He has also published 12 papers and presented more than 90 presentations.

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