

Foraminal Stenosis: A common cause of Sciatica from Disc degeneration and Failed back surgery syndrome

IITSS.org Master Lecture

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Chronic Sciatica

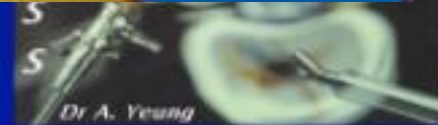
- Common symptom of an aging spine
- Aggravated by activities of daily living
- Under recognized by clinicians
- Usually treated by minimally effective nonsurgical management if recognized
- Symptoms are chronic, but not disabling
- Very effective condition for endoscopic foraminoplasty



Kambin's Triangle

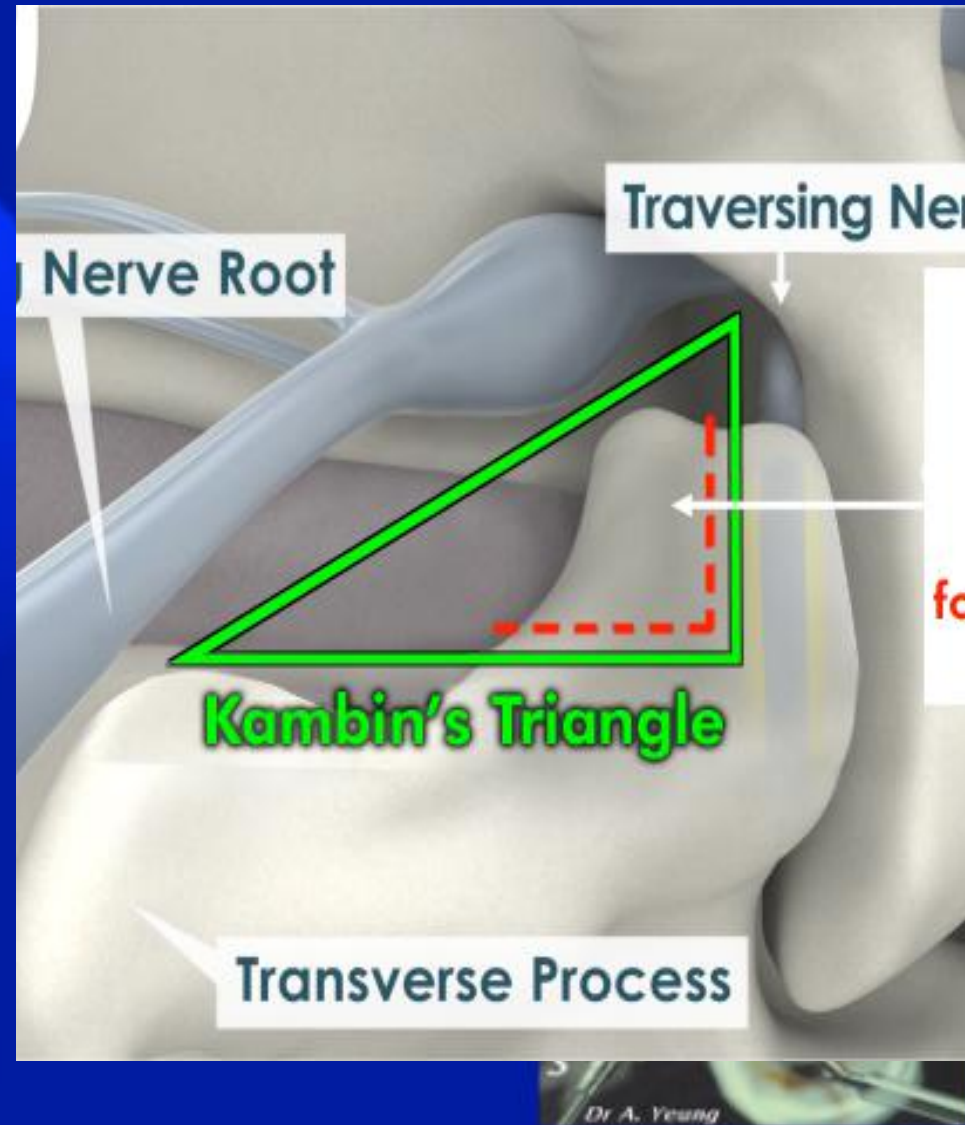
- Tip of SAP impinges on the axilla between the traversing and exiting nerve
- **Under decompressed with translaminar decompression**
- Only the medial facet is removed, and the lateral aspect of the subarticular recess is not adequately decompressed.

Lateral and cephalad facet



Foraminal Decompression

- Consider for every disc with degenerative narrowing
- Look at lateral recess and axilla
- Look for fat in axilla
- Just visualizing the exiting nerve is not enough!
- New instrument (Surgifile) makes it relatively easy to decompress from translaminar decompression
- Transforaminal endoscopic decompression effective



New surgical tools facilitate endoscopic decompression

Kerrison

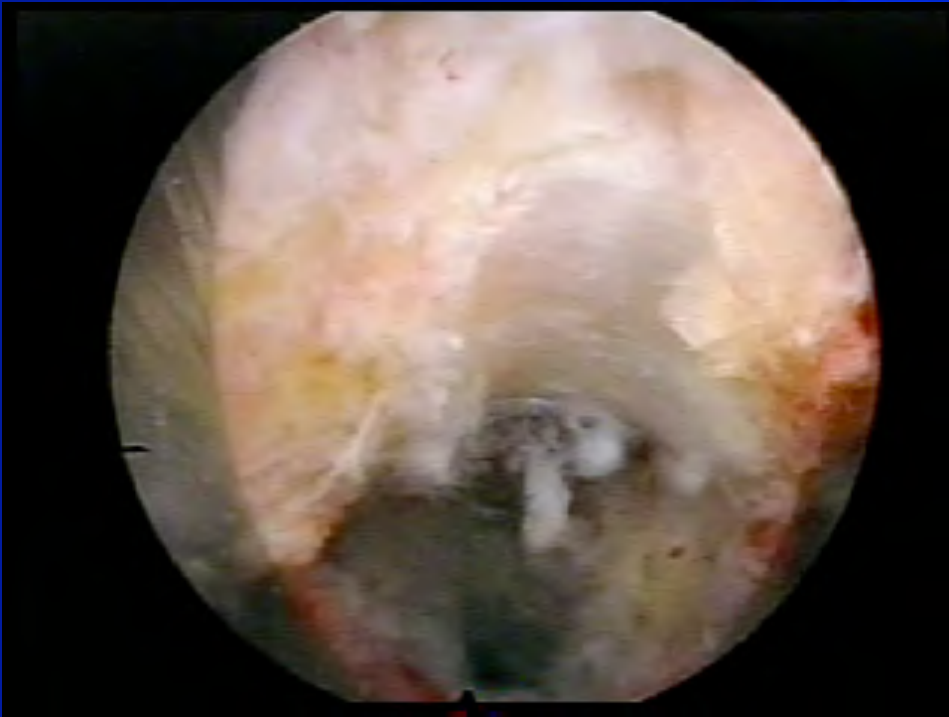


Articulated Burr



Diamond burr

- Although exiting nerve is visualized,
- Should see fat in axilla
- Should see pulsation of exiting nerve
- If disc is more than 50% narrowed, foraminoplasty with removal of tip of SAP will prevent symptoms years later

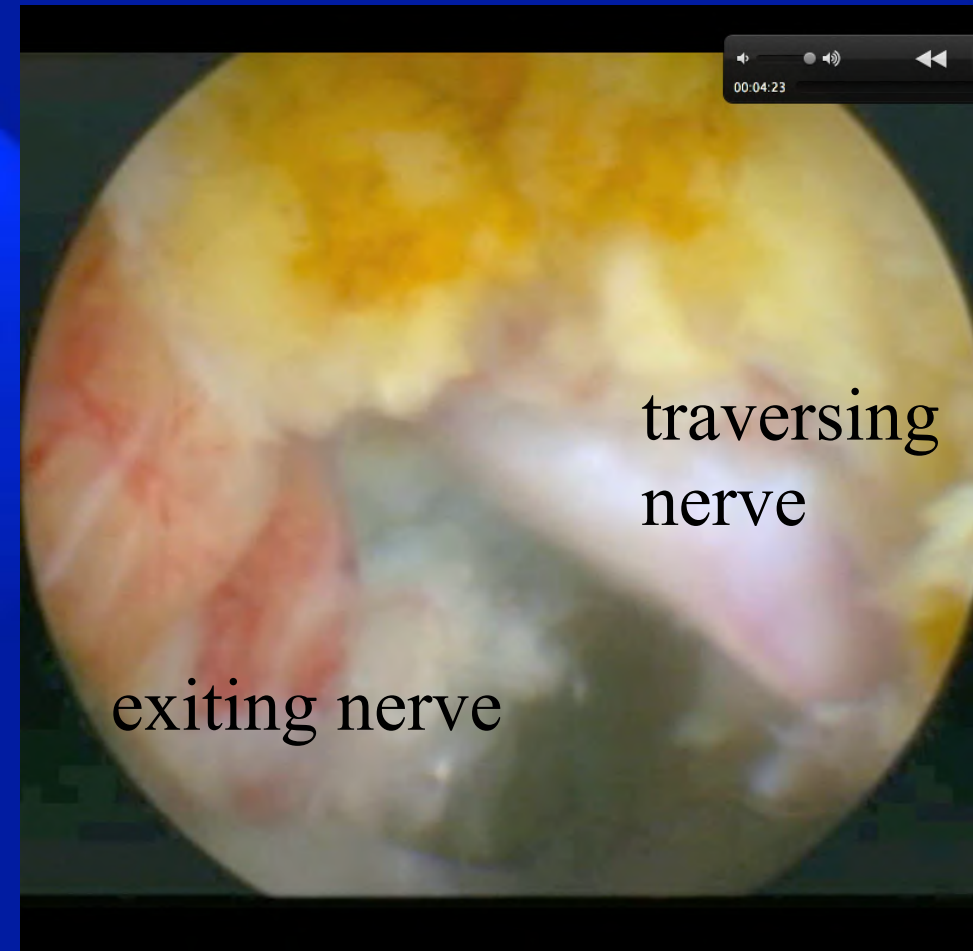


Stenosis 10 years post op SED (3.31)

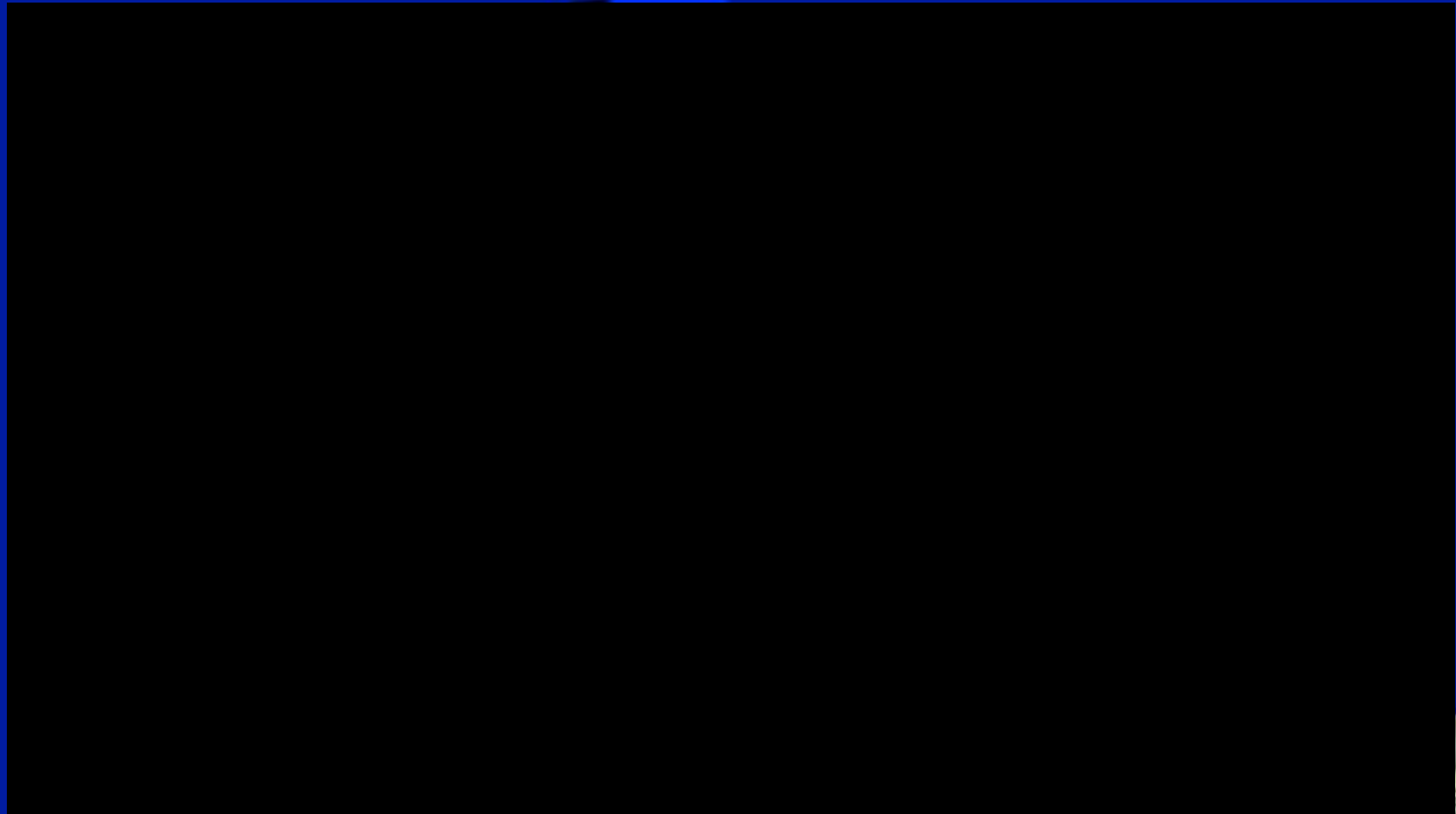


Visualizing the axilla

- Decompressing the axilla is the Endoscopic gold standard for adequate decompression to prevent FBSS and foraminal stenosis due to an aging spine
- This cannot be accomplished with translaminar decompression without risking destabilizing spinal segment.



Bilateral stenosis for an aging spine 2.32



Teaching Foraminoplasty (1.55)



Foraminal Stenosis Demo (3.18)



Conclusion

- New transforaminal endoscopic technique standards are effective in treating foraminal stenosis and FBSS
- Transforaminal Decompression is may be “equal” to translaminar decompression in average, traditionally trained hands
- As demonstrated, In very experienced hands, it has the potential to be superior to traditional translaminar decompression



Thank you

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Anthony T. Yeung, exe director

