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Endoscopic Treatment of the Epidural Space: 18 months follow up

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Abstract

Objectives: This study aimed to evaluate the efficacy of periduroscopy, especially in patients with FBSS (Failed Back Surgery Syndrome).

Methods: Study was conducted on 70 patients with epidural canal stenosis with chronic low back pain (at least 3 months) irradiated or not in the lower limbs. We divided the patients in two groups: Group A, 35 patients with FBSS and Group B, 35 patients without history of back surgery. All had previously undergone an antalgic epidural injection with benefits of less than 30 days. The numerical rating scale (NRS) and the neuropathic pain index (DN4) were measured each at 1, 3, 6, 12 and 18 months. More NRS evaluations were performed during and 24 hours after the procedure.

Results: Data show in all patients a good reduction of pain after 24 hours (aNRS 1.07). Intra-operative NRS was slightly greater in the Group A (aNRS 4) than in the other patients (aNRS 3.15). In patients with FBSS there was a reduction of pain of 74.7%, 55.8%, 53.7%, 50.3 % and 46,8% at 1, 3, 6, 12 and 18 months, respectively. In the Group B the NRS at 1, 3, 6, 12 and 18 months was decreased by 65.5%, 49.4%, 47.9%, 47,1% and 45,8%.

Conclusions: The data show greater efficacy in the FBSS group to short-medium term, while at 18 months the results in the two groups are comparable. This study confirms the efficacy of endoscopic treatment in all the pathologies resulting in a stenosis of the epidural canal.

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Abstract
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