

# LUMBAR SPINAL STENOSIS and VERTOS M.I.L.D

Mahmoud N. Sabbagh M.D  
Physical Medicine and Rehabilitation  
Interventional Pain Medicine

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## Goals/Disclosure

- Understanding Lumbar Spinal Stenosis
- Previous and Current Treatments

Disclosure: I have no financial disclosure or conflicts of interest with the presented material in this presentation

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## LSS

- Lumbar Spinal Stenosis is narrowing of the central canal leading to compression of the spinal nerves
- Narrowing of the central canal
  - Absolute: AP diameter <10mm
  - Relative: AP diameter 10-13mm
- Prevalence
  - Specifics are unclear, mean prevalence between 11-39%
  - Degenerative spinal stenosis more common after the age of 50
  - Rare in age groups less than 40
  - Symptomatic LSS more common in women after the age of 70

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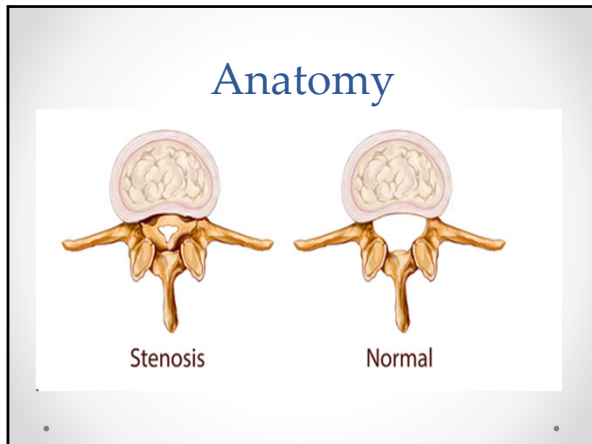
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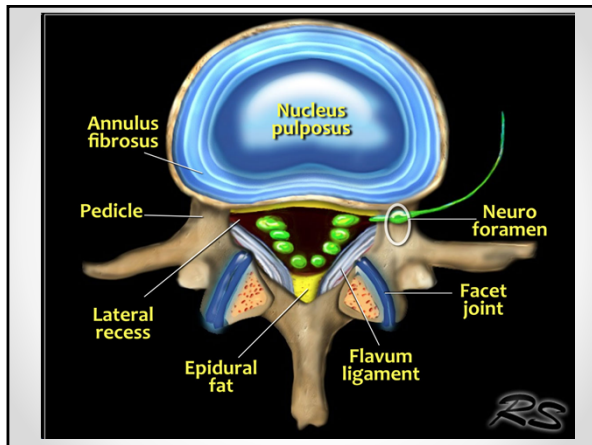
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## LSS Symptoms

- Low back pain
- Paresthesia and/or pain in lower extremities
- May cause neurogenic bladder symptoms
- Neurogenic claudication
  - Pain in buttock, thigh(s) or leg(s) with standing or walking
    - Relieved with sitting or leaning forward, (shopping cart sign)
    - Worsened upon extension
    - Central Canal approx. 10% narrower upon extension and 20% more patent upon flexion

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## Neurogenic vs Vascular Claudication

- Neurogenic
  - Pain typically more proximal
  - Postural
  - Relieved with rest
  - Exacerbated by walking, standing, lying supine
  - Uphill walking painless
  - Downhill walking painful
  - Normal pulses
- Vascular
  - Pain is distal
  - Non-postural
  - Relieved with rest
  - Exacerbated by walking, cycling
  - Uphill walking painful
  - Downhill walking painless
  - Diminished pulses

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## LSS Diagnostics

- History/Clinical features
- Physical Exam
  - Musculoskeletal assessment
  - Neurological assessment
- Radiographic
  - Dynamic Xray
  - MRI
  - CT Scan
- Electrodiagnostic Study
- Bicycle test

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## LSS Treatment

- Lifestyle Modifications
- Physical Therapy and modalities
- Medication management
- Injections
- Surgical decompression
- M.I.L.D
- Verteflex

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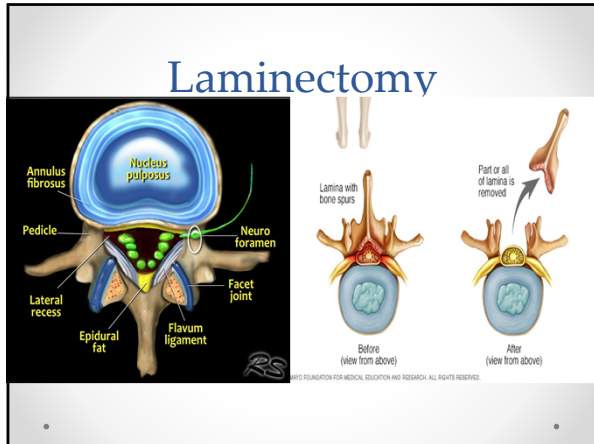
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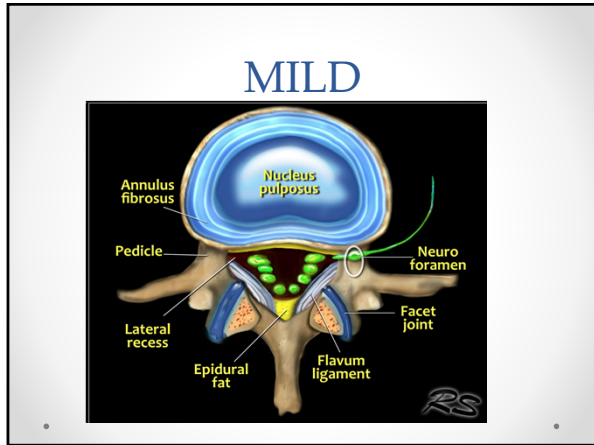
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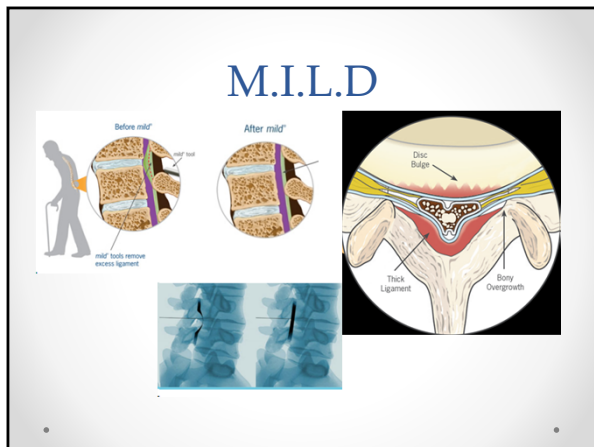
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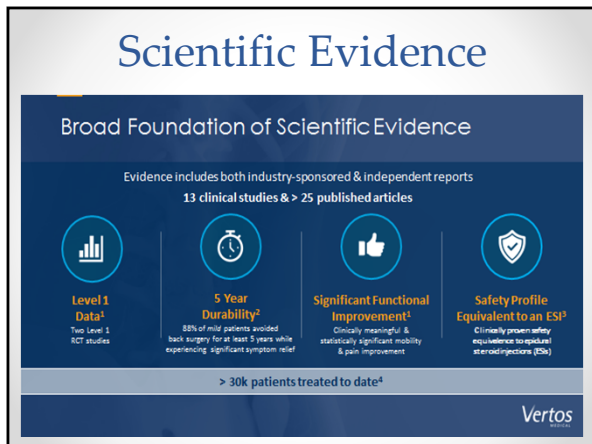
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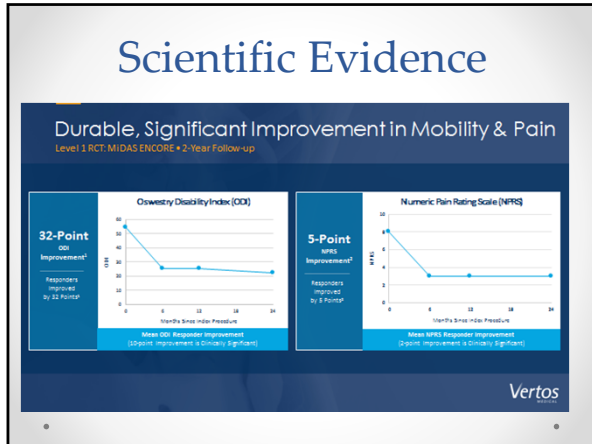
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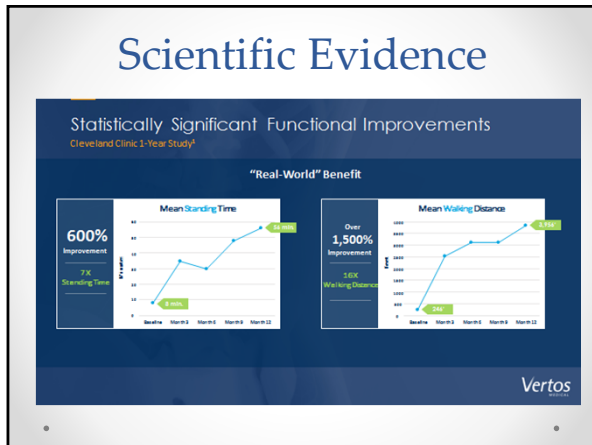
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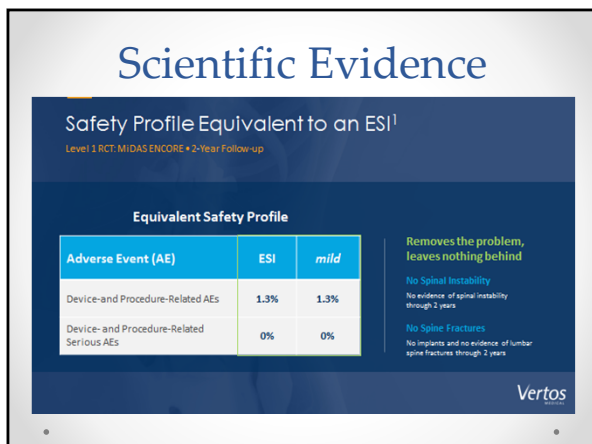
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## Scientific Evidence

High Patient Satisfaction & Easy Recovery<sup>1</sup>  
Level 1 RCT, MIDAS ENCORE + 2-Year Follow-up

**85%**  
Patient Satisfaction



**24 hours**  
Patients typically recover within  
with no restrictions<sup>2</sup>



Vertos

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## References

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