

Management of Degenerative Lumbar Spine in Elderly

Dott Mauro Pluderi, Dott Pietro Scarone, Dott Lorenzo Giammattei, Dott. Mauro Pluderi,
Dott. Giulio, Bertani, Prof Mario Zavanone
U.O. Neurochirurgia, Fondazione IRCCS Ca'Granda Ospedale Maggiore Policlinico Milano

Indications and outcomes of spinal surgery in old patients have strongly changed during last decades. Many clinical studies showed good results in terms of quality of life and of reduction of disability in selected patients over 70 years old, submitted to spinal procedures for degenerative, oncological and traumatic pathologies.

In this presentation we will focus on the specific clinical aspects and results of surgical management of lumbar degenerative spinal disorders in elderly patients.

We evaluated the clinical outcomes of elderly patients affected by spinal degenerative disorders who underwent lumbar instrumented surgery in our department during the last five years.

89 consecutive patients over 70 years old were studied, with a follow up time longer than one year. Preoperative Oswestry Disability Index (ODI) was 49.4%. A total of 496 screws were placed, mostly for a single level fusion (44 patients). The overall mean postoperative ODI was 22.5%. No major operative complications occurred. Four patients required a second revision surgery.

Data present in literature and our results support the conclusion that in selected cases lumbar spinal surgery achieves good outcomes in terms of quality of life in elderly patients.