

## ABSTRACT

**Title of Abstract:** Advanced Microdecompressive Endoscopic Assisted Discectomy (MEAD) in Minimally Invasive Spine Surgery (MISS).

**Purpose:** To demonstrate the ease and practical clinical application of new MEAD system with a "joystick" tubular retractor for microdecompressive endoscopic lumbar discectomy and decompression of spinal stenosis in MISS.

**Materials and Methods:** The new MEAD "joystick" tubular retractor system, combined with the endoscope is described and was applied for posterior decompression lumbar discectomy and microdecompression of spinal stenosis. This procedure uses a combination of conventional spinal instruments, discotome, and laser probe for appropriate spinal surgery of disc and spinal stenosis with under clear endoscopic visualization. Herniated lumbar discs and/or lumbar stenosis can be treated with MEAD.

**Results:** By using this new MEAD tubular "joystick" retractor and endoscopic system, the procedure of microdecompressive endoscopic spinal discectomy can be performed with a small incision, ease, and much less or minimal trauma as an outpatient. A good to excellent postoperative surgical outcome is expected in a high percentage of spinal cases.

**Conclusion:** The technique, experience, and data support and confirm the ease and effectiveness in doing microdecompressive lumbar discectomy with the new MEAD system for herniated lumbar disc, and for decompression of lumbar stenosis, in MISS.

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**Primary Author Name/  
Degree:** John C. Chiu, M.D., Chief, Neurospinal Surgery.

**Institutional Affiliation:** California Center for Minimally Invasive Spine Surgery.

**Address:** 1001 Newbury Road  
Thousand Oaks, CA 91320

**Telephone:** 805-375-7900

**E-mail Address:** [chiu@spinecenter.com](mailto:chiu@spinecenter.com)

**Facsimile:** 805-375-7975

**Contributing Authors,  
Including Degrees,  
Institutional, Affiliations and  
Addresses:** Thomas Clifford, M.D., Neurosurgeon California Center for  
Minimally Invasive Spine Surgery, Thousand Oaks, CA 91360

Romulo Sison, OPA-C, CST  
California Center for Minimally Invasive Spine Surgery,  
Thousand Oaks, CA 91360

Robert A. Princenthal, M.D., Director Musculoskeletal  
Diagnostics, California Center for Minimally Invasive Spine  
Surgery, California Spine Institute Medical Center