

## ABSTRACT

**Title of Abstract:** A Simpler Safer Alternative for Spinal Lumbar Fusion with Spinal Translaminar Facet Fixation/Fusion.

**Purpose:** To demonstrate a simple and uncomplicated method of internal fixation using spinal translaminar facet screw fixation performed for lumbar fusion in symptomatic patients with lumbar instability for a variety of pain due to lumbar lesions.

**Materials and Methods:** 725 consecutive patients, who failed at least 12 weeks conservative care were treated with the procedure of spinal translaminar facet-screw fixation and posterolateral lumbar fusion. This surgery of spinal translaminar facet fixation and lumbar fusion involved 1 to 3 levels of lumbar vertebrae. All patients demonstrated lesions on MRI scan, CT scans or CT/myelogram including marked degenerative lumbar disc herniation, facet degeneration and instability, mild spondylolisthesis, and combinations of the above.

**Results:** The follow-up of at least thirty months postoperatively demonstrated 94.1% of patients with satisfactory and successful outcome. There were no Intraoperative or postoperative complications except one superficial wound infection that was treated conservatively with antibiotics with resolution of the infection. Only 5.9% of patients had significant persistent symptoms.

**Conclusion:** This simpler lumbar fixation technique is safe and efficacious, less traumatic, and less demanding in terms of time, equipment, instrumentation and cost as compared to the use of pedicle screw constructs. This less traumatic procedure leads to faster recovery and a significant economic saving.

**Title of Abstract:** As above.

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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:** 2100 Lynn Road  
Thousand Oaks, CA 91360

**Telephone:** (805) 497-8554

**Facsimile:** (805) 497-2800

**Contributing  
Authors, Including  
Degrees, Institutional  
Affiliations and  
Addresses:** G. William Davis, M.D., Medical Director Nashville Orthopedic  
Clinic  
310-23rd Avenue, North  
Nashville, TN 37203

Thomas Clifford, M.D., Neurosurgeon  
California Center for Minimally Invasive Spine Surgery.

Robert A. Princenthal, M.D., Director Musculoskeletal Diagnostics,  
Westlake MRI Westlake Village, CA