Western Occupational & Environmental Medical Association-2011

Neville Alleyne MD
Chief of Orthopedics
Tri-City Medical Center
and
Head of Spine Service
Orthopedic Specialist
of
North County

Disclosures:
• Consultant: Alphatec spine
• Royalties: Alphatec Spine
• Founder: SpineOvations
**Conservative Treatment**
- Medications-TLC
- Physical Therapy
- Acupuncture
- Chiropractic
- MRI/CT

**Surgical vs Non-Surgical**
- Failed Conservative Treatment
- Epidural Steroid Injection...

**No Root Signature or Radiculopathy**
- Re-examine
- Pain Management
  - Facet Injection
  - Spinal Cord Stimulator
  - Morphine Pump
Hot Topics in Low Back Pain

Patient Selection for Surgery
- BMI
- Bone Density
- Smoker
- Co morbidities

Role of Team Members in the Multidisciplinary Evaluation of NSLBP

Physician
- Rule Out any Red Flags
- Identify Demographic Risk Factors
- Provide Clear/Accurate Information about Patient’s Condition.
- Patient’s Expectations for Recovery

(cont)
Role of Team Members in the Multidisciplinary Evaluation of NSLBP

Physical Therapist
• Assess the Patient's Physical Capacity
• Set Realistic Physical Goals for Treatment
• Identify Physical Risk Factors

Psychologist
• Evaluate Psychological and Social Function
• Identify psychosocial "Yellow Flags"
• Introduce patient to the biopsychosocial perspective of low back pain

Ergonomist
• Evaluate Work Demands
• Identify Workplace Risk Factors
• Explore ways to address obstacles with worker and/or workplace representative
Psychological Progression
from Acute to Chronic

Sick role
Loss of Identity
Withdrawal
Depression
Helplessness
Anger
Blame
Anxiety
Uncertainty

Work Comp Statistics
Results of Elective Lumbar Discectomy for Patients Involved in the Workers’ Compensation System
John Klekamp, Eric McCarty, and Dan M. Spengler

SUMMARY:

Noncompensation Group
81%
Compensation Group
29%

Work Comp Statistics
Prospective multiple outcomes study of outpatient lumbar microdiscectomy: should 75 to 80% success rates be the norm?
Harold L. Asch, Ph.D., Jeffrey Lewis, M.D., Douglas B. Moreland, M.D., James G. Egnatchik, M.D., Young J. Yu, M.D., David E. Clabeaux, R.T., and Andrew H. Hyland, Ph.D.

Object: assess the efficacy and outcomes of lumbar microdiscectomy performed on outpatient basis with the results reported in literature in which the success rates vary between 70-80% and in excess of 90%.
Results: This study supports the evidence that lumbar microdiscectomy performed on an outpatient basis is a very safe and effective treatment for sciatic pain due to disc herniation with outcome success rates closer to 75-80% rather than the 90% that some have reported.

Work Comp Statistics

Outcomes and presurgery correlates of lumbar discectomy in Utah Workers’ Compensation patients

M. Scott DeBerard, PhD., Rick A. LaCaille, PhD, Glen Spielmans PhD, Alan Colledge, MD, Mary Ann Parlin, PhD

Purpose: to examine long-term multidimensional outcomes of lumbar discectomy of worker’s Compensation patients from Utah and identify presurgical biopsychosocial factors related to poor outcomes

Work disability rate: 12.7%

Conclusions: this study suggest that compensated back surgery patients are at greater risk for poor outcomes than those noncompensated patients.

Approximately 25% of patients experienced poor outcome
Work Comp Statistics
Predicting factors of successful recovery from lumbar spine surgery among workers’ compensation patients
Scott d Hodges, DO; S. Craig Humpherys, MD; Jason C. Eck MS; Laurie A. Covington, BS; Heidi Harrom, BS

Results: type of surgery performed significantly affected patient outcomes with 72% of microdiscectomy patients returning to work versus 43% for fusion patients.

“SPORTS” Study
What is SPORT?
The Spine Patient Outcomes Research Trial is a year study that looked at 3 of the most common back conditions and compared surgical and non-surgical treatments. Approximately 2500 patients took part in the study, which was conducted at 13 sites across the country.

What Conditions were Studied?
Intervertebral Disc Herniation
Spinal Stenosis
Degenerative Spondylolisthesis
Dorsal Disc Herniation
Spinal Stenosis is Narrowing of the Spinal Canal
Intervertebral Disc Herniation
Degenerative Spondylolisthesis
"SPORTS" Study

Why is SPORT important?

Surgical vs Nonsurgical treatment options?

Results of the SPORT Study

Intervertebral Disc Herniation

Degenerative Spondylolisthesis

Spinal Stenosis

Perception is Reality

Outpatient vs Inpatient Procedures
Surgical Procedures

Disc Excision
• Micro dissection
• Laminectomy

Fusion
• Criteria
• Types of Procedures
  - Anterior
  - Posterior
  - X-LIF
  - GLIF (look for video)
Surgical Procedures
M.I.S.

Future Technologies
Disc Replacement

Future Technologies
Lumbar Nucleus Replacement
Return to Work

- Communication with Adjustors
- Realistic Expectations of Timetable
- Realistic Work Restrictions
- Outcome Data

Physical Rehab Training

Physical Rehab Training
Clinical Pearls

- Femoral Acetabular Impingement
- Trochanteric Bursitis
- AVN of the Hip
- RSD/Chronic Regional Pain Syndrome
- Sacral Insufficiency Fracture
- Waddell’s Signs
- Red Flags

Conclusion

Communicate
- Conservative Treatment
- Surgical vs Non Surgical Outcomes
- Patient Selection
- Role of Team Members
- Clear/Open Channels between MD and Adjustor

Keeping Our Memories Alive!
Thank You!