

**ASRA 2010 Annual Pain Medicine
Meeting and Workshops**

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Abstract Title:

mild[®] 50-Patient Single-Center Six-Month Clinical Outcomes Study Report

Background:

Neurogenic claudication is a common symptom in the patient presenting with Lumbar Spinal Stenosis. *mild*[®] is a commercially available treatment for pain relief from symptomatic lumbar spinal stenosis. Using a dorsal approach under fluoroscopic imaging, space is created as bone and tissue are resected during the minimally invasive *mild* procedure, with minimal surrounding structure disturbance.

Objective:

To present *mild* patient safety and efficacy outcomes achieved in a Single-Center Study on all available patients through six-months following treatment of symptomatic LSS.

Methods:

Fifty patients have been treated in this Single-Center Study using the *mild* procedure for lumbar decompression. Appropriate patient selection is emphasized and comprehensive safety and pain and mobility outcomes are reported. Outcomes are assessed using validated outcomes instruments including Visual Analog Score (VAS), Oswestry Disability Index (ODI), Zurich Claudication Questionnaire, and SF-12v2[®] Health Survey.

Results:

Six week results showed significant reduction of pain as measured by VAS. Improvement in physical function and mobility as measured by ODI was significant and clinically relevant. These patient outcomes demonstrated safe, favorable responses to *mild* therapeutic LSS treatment for all available patients through Week 26.

Conclusions:

The *mild* procedure has proven to be a safe method for pain reduction and improved mobility in the symptomatic lumbar spinal stenosis patient. These results were achieved in a population presenting with multiple LSS co-morbidities such as disc protrusion, facet hypertrophy and osteophyte formation. The profile for *mild* candidates includes those patients having symptomatic neurogenic claudication resulting from multiple co-morbidities, one of *which is* hypertrophic ligamentum flavum. Post-study follow-up of this patient population will continue for up to two years post-treatment.

Key Words: Decompression, fluoroscopy, ligamentum flavum, lumbar, *mild*, minimally invasive, spine, stenosis