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**Abstract Submission**

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**Abstract Title:**

*mild*<sup>®</sup> Report of Single-Center Clinical Study Outcomes and Discussion of Patient Selection

**Background:**

Lumbar spinal stenosis (LSS) is a common source of low back pain. *mild*<sup>®</sup> is a commercially-available treatment for pain relief from symptomatic LSS. This procedure uses a dorsal approach with epidurogram and fluoroscopic image guidance to resect bone and tissue. *mild* treatment creates space in the lumbar spine with minimal structural disruption.

**Objective:**

To present early *mild* patient outcomes in a single-center study and associated patient selection in the treatment of symptomatic LSS.

**Methods:**

Thirty 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 Week 6 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<sup>®</sup> Health Survey. This interim report includes VAS and ODI outcomes.

**Results:**

Six week results showed significant reduction of pain (overall mean improvement 2.3 points) as measured by VAS. Improvement in physical function and mobility as measured by ODI was significant (overall mean improvement 16.4 points) and clinically relevant. These patient outcomes demonstrated safe, favorable responses to *mild* therapeutic LSS treatment.

**Conclusions:**

The *mild* procedure is a safe method for improving mobility and reducing pain associated with lumbar spinal stenosis, based on six-week follow-up results to date. The profile for *mild* candidates includes those patients having symptomatic neurogenic claudication resulting from multiple co-morbidities, one of which is hypertrophic ligamentum flavum. Study patients will continue to be enrolled and followed for up to two years post-treatment.

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