

Napa Pain Conference
17th Annual Meeting- August 13-15, 2010
Abstract Submission

Author:

Eric J. Grigsby, M.D.
Napa Pain Institute, Napa, CA

Abstract Title:

mild[®] (Minimally Invasive Lumbar Decompression) Procedure for the Treatment of Lumbar Spinal Stenosis: Procedure Description and Safety

Background:

(*mild*) is a minimally invasive treatment for pain relief from symptomatic lumbar spinal stenosis (LSS). LSS is a common problem that can be caused by many factors including ligamentum flavum hypertrophy. The *mild* technique provides removal of small but adequate amounts of ligament and lamina, circumventing the need for aggressive resection of bone and muscle, and avoiding surgical implants.

Objective:

To describe the *mild* procedure and to report on safety of this minimally invasive interlaminar lumbar decompression method.

Methods:

Safety of the *mild* procedure has been collected for over 250 *mild* patients. All patients were treated with the *mild* procedure for symptomatic lumbar spinal stenosis. *mild* is performed through a 5.1 mm Portal under fluoroscopic guidance, using light sedation. *mild* decompression can be performed unilaterally or bilaterally, at single or multiple levels.

Results:

Data were collected and reviewed on over 250 patients treated with the *mild* procedure. To date, there have been no reports of *mild* device or procedure-related serious adverse events (dural tears, nerve root damage, post-op infection requiring surgical intervention, hemodynamic instability, hematomas, blood transfusions or post-op spinal structural instability).

Conclusions:

The *mild* procedure is a safe method for the treatment of LSS. No serious device or procedure-related adverse events were reported in over 250 *mild* patients with follow-up ranging from acute to one year. This minimally invasive procedure allows decompression with minimal tissue disruption. *mild* offers an early LSS treatment option following failed conservative therapy, but prior to more invasive surgical treatment.

Key Words:

Spine, decompression, fluoroscopy, *mild*, stenosis, ligamentum flavum