Degenerative lumbar spine disease

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Background

Degenerative lumbar spine disease (DLSD) affects both men and women of all ages. The condition is thought to be caused by chronic strain, injury or overuse. Other causes include congenital disorder, infection, inflammation and rarer conditions.

Diagnosis of degenerative lumbar spine disease

The primary symptom of DLSD is pain, which may be present at night and last for long periods. Other symptoms include stiffness, numbness, tingling and weakness. In some cases, the pain may radiate to the buttocks, thighs and legs. Patients may also experience a feeling of weakness in the legs and difficulty walking.

Management of degenerative lumbar spine disease

Management requires a multi-disciplinary approach comprising of at least, neurosurgeons/spinal surgeons, a neuro-radiologist, pain specialists and physiotherapists. It is important to provide the patients with the most effective treatment for their particular symptoms. Although patients with DLSD represent the biggest group of patients seen in a general neurosurgical clinic, only a small proportion will ever need surgery.

In patients presenting with acute/sub-acute isolated back pain, without neural compression or spinal instability, conservative measures are likely to settle the pain in the majority. Such measures include weight reduction; structured exercise programmes; analgesics such as paracetamol, non-steroidal anti-inflammatory drugs or opioids; physiotherapy; spinal manipulation by qualified osteopaths or chiropractors; and acupuncture. In patients with chronic pain (more than one year), epidural injections, transcutaneous electrical nerve stimulation (TENS) and combined physical and psychological rehabilitation programmes may be of additional benefit. The role of surgery in such patients remains controversial. Spinal fusion may benefit selected patients. When instability (degenerative spondylolisthesis) complicates back pain, spinal fusion may achieve good pain control. Percutaneous spinal instrumentation systems now available, allow minimally invasive surgery with more rapid recovery and a shorter hospital stay.
In patients with DLSD and radicular pain, conservative measures are usually sufficient to improve the symptom in six to eight weeks. If severe pain persists beyond this time, or if a motor neurological deficit, such as a foot drop, is present, serious consideration should be given to surgery. The timing of surgery is particularly important if neurological recovery is to be achieved. The aim of surgery is to decompress the neural elements and the most common operations performed are lumbar laminectomy and lumbar microdiscectomy. The recent development of endoscopic microdiscectomy technique allows day-case local anaesthetic surgery with the additional benefit of excellent cosmetic results. Spinal cord stimulation remains an effective treatment in patients with severe pain especially if pain persists despite decompressive surgery.

Prognosis of degenerative lumbar spine disease

The prognosis of patients with DLSD depends on the underlying diagnosis, delivery of prompt treatment and psycho-socio-economic factors. Well motivated patients with a good social support network are more likely to recover well and resume work. Despite all the treatment available, some 10 percent of patients become chronically disabled, especially with back pain. In others, conservative and surgical measures are effective in improving the symptoms. Spinal stenosis and radicular pain respond well to surgery with up to 90 percent pain relief. When motor weakness is present or in patients with cauda equina syndrome, the timing of surgery is crucial in determining any neurological recovery with the best results seen in patients operated within 48 hours of presentation. The prognosis for recovery of sensory deficits such as numbness and paraesthesia is less predictable.

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