E-Poster

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Epidemiology and Therapeutic Approaches of Degenerative Lumbar Spinal Stenosis in the Elderly in Physical and Rehabilitation Medicine

Topic: Pain

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BACKGROUND

Lumbar spinal stenosis (LSS) can cause symptomatic neurogenic claudication alongside radicular pain and weakness. It is frequent in the elderly. The aim of this study was to describe the epidemiological profile, radiological aspects as well as therapeutic modalities of lumbar stenosis in the elderly.

METHODS

A retrospective study carried out over a period of three months on patients aged over 65 years, followed in physical medicine for lumber spinal stenosis. Clinical, radiological, and therapeutic data were collected.

RESULTS

Fifty patients were included in this study with a sex ratio-ratio of 0.5. Their mean age was 73 years. In their medical history, 55.8% were hypertensive, 77.6% diabetic and 33% had dyslipidemia. All patients had a history of chronic low back pain evolving since an average of two years.

Lumbar pain was the most frequent reason for consultation (80%): unilateral in 45% of patients and bilateral in 55% of the cases, associated with radicular claudication in 80% of cases and urinary disturbances in 25% of the cases. Physical examination showed spinal syndrome in 75% of cases, radicular syndrome in 48% of cases and pathological neurologic signs in 22% of cases. On imaging, LSS had varied etiology: disc herniation (35%), facet hypertrophy (45%), cyst formation (25%) and ligamentous hypertrophy.

All patients received medical treatment associated with an individualized rehabilitation program. Epidural corticosteroid injection was done in 55% of cases.

CONCLUSION

Lumbar spinal stenosis (LSS) is a debilitating condition associated with degeneration of the spine with aging. It requires multidisciplinary management based on conservative treatment in the first line.

Statement of Disclosures

None

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