E-Poster

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Functional Outcome in Patients Receiving Prehabilitation Treatment Prior to Surgical Decompression of Cervical Stenosis

Topic: Physical Modalities

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BACKGROUND

Spinal stenosis (SS) is a frequent degenerative disease accompanied by myelopathy leading to functional impairments, with a higher incidence in Curacao, Dutch Caribbean. Recently, interest has arisen to study the effects on prehabilitation in surgical spinal patients due to increasing evidence of positive outcomes. We hypothesize that the group of patients that receive preoperative rehabilitation and standard postoperative care will show better functional outcome compared with the group that only receives standard postoperative care.

To examine the differences in functional outcome between protocolized preoperative rehabilitation program vs surgical treatment alone in combination with standard physiotherapy care. Patients: 20 patients between 46 and 72 years with confirmed cervical stenosis and myelopathy (10 intervention group and 10 controls).

METHODS

Study group: 6 males and 4 women received both pre-habilitation and post-surgical rehabilitation. Control group: 5 males and 5 women received only post-surgical rehabilitation. Assessment instruments: 6 minute walking test, 9-hole peg test, functional dexterity test, hand held dynamometry, Astrand test, Quality of life.

RESULTS

Study group showed important differences (> 20%) in all tests excepting the 9-hole test.

CONCLUSION

Cervical myelopathy due to chronic spinal compression is frequent. Surgical decompression is the primary treatment of choice. Although post-surgical physiotherapy contributes to functional improvement, it seems that patients who also receive pre-operative rehabilitation show a better functional outcome in both upper and lower extremities as well in Quality of life.

Statement of Disclosures

None

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