## Efficacy of Lumbar Fusion in Young Patients with Degenerative Spondylolisthesis

The number of young patients with degenerative spondylolisthesis (DS) is expected to increase, and surgical treatment with transforaminal lumbar interbody fusion (TLIF) is likely to rise as a result

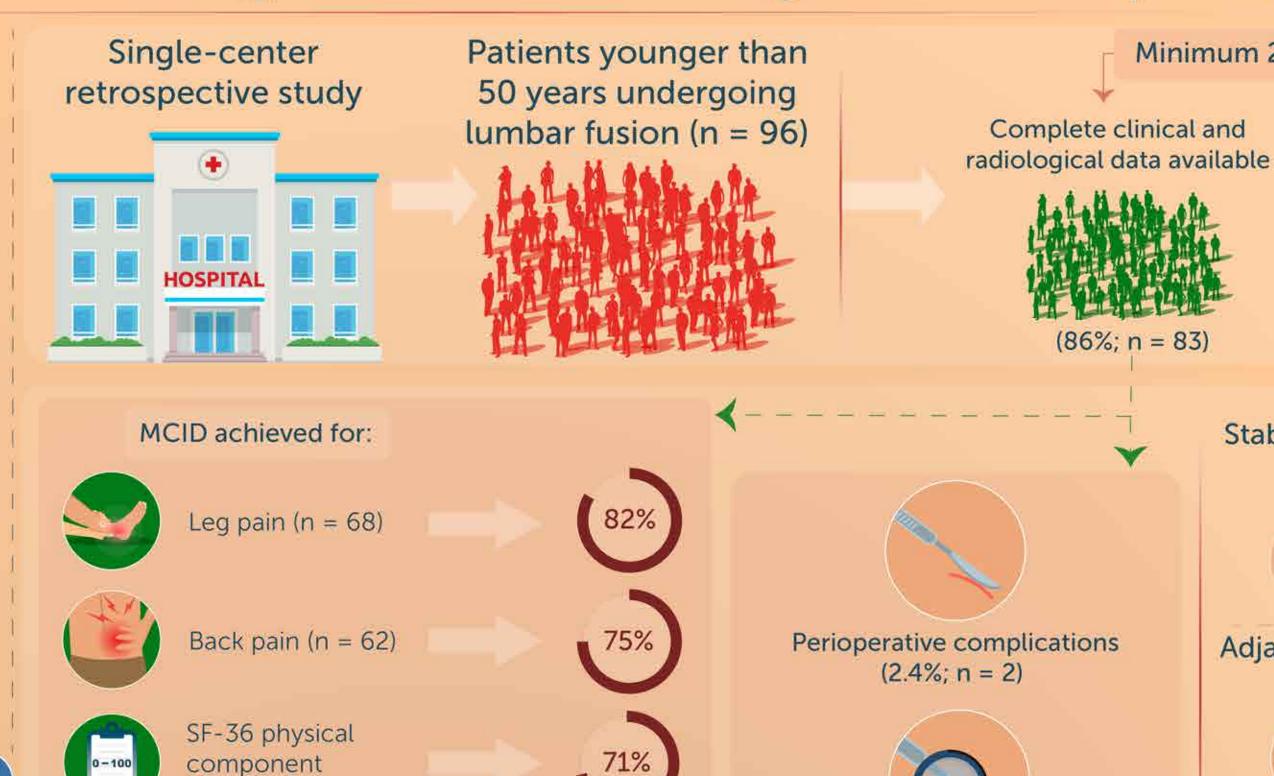


However, the outcomes of TLIF in patients under the age of 50 have not been sufficiently studied



At a minimum of 2 years post-TLIF for DS, what proportion of patients:

- achieved minimum clinically important difference (MCID) in improvement?
- developed complication or underwent reoperations?
- achieved radiographic fusion?
- developed adjacent-segment degeneration?



Revision surgery (1.1%; n = 1)

Minimum 2-year follow up

(86%; n = 83)

Enough data to assess

complications and

radiographic fusion

(97%; n = 93)

Stable fusion (Bridwell Grade 1

or 2 fusion) (n = 79)

Adjacent segment degeneration

(n = 7)

(n = 59)

Oswestry Disability

Index (n = 72)

After undergoing TLIF, well selected patients under the age of 50 with symptomatic degenerative spondylolisthesis often, but do not always, experience clinically meaningful improvements in pain relief and function

Reoperations for implant-related

complications (2.4%; n = 2)

What Are the Patient-Reported Outcomes, Complications, and Radiographic Results of Lumbar Fusion for Degenerative Spondylolisthesis in Patients Younger Than 50 Years? Goh et al. (2020) | DOI: 10.1097/CORR.000000000001252





Clinical Orthopaedics and Related Research®