

**Long term results of low-back  
surgery:  
observation in county district**

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# Aim

- The aim of this study was to evaluate the long term results of low back surgery in Latvia.
- To evaluate in longterm the efficiency of spine operations to diminish the pain syndrome.

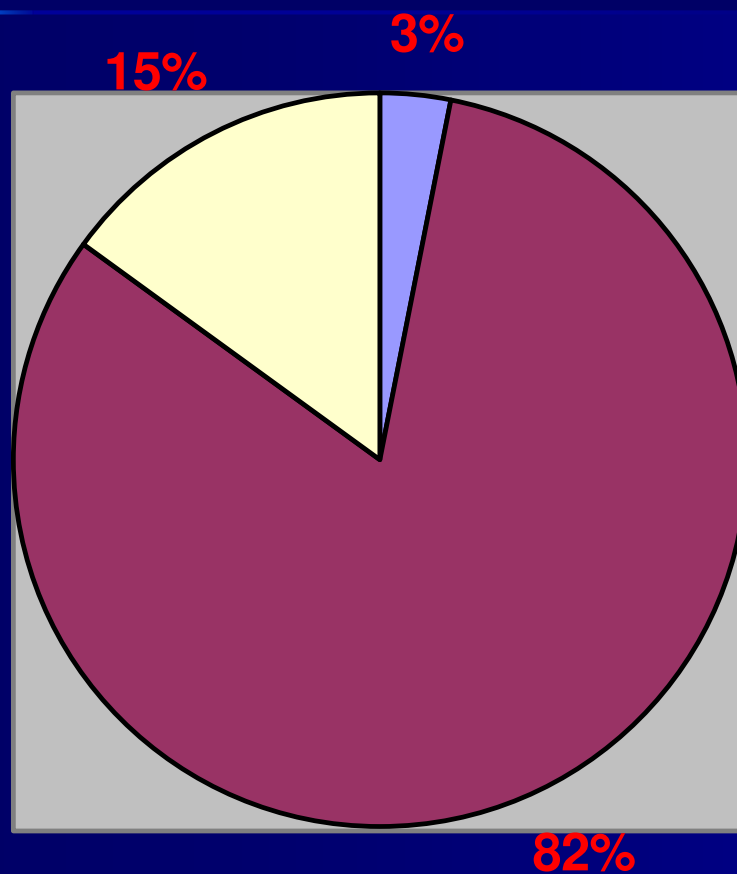
# Background

- About 24% of chronic pain patients have back pain. Surgery is one of methods of treatment low back pain
- The result of spine surgery depends on many factors and in part of cases the improvement was not achieved, pain continued to persist for years.
- Failed back surgery syndrome has been reported from different centres and countries in different figures particularly in cases of degenerative disorders.

# Methods

- 72 patients (42 or 58% females, 30 or 42% males; mean age 53 years) who have undergone spine surgery on average 5,9 years ago
- Interviewed from November 2008 till March 2009 using written inquiry forms of 16 questions. Respondents were selected on basis of refereed data from general practitioners in eastern Latvia.

# Age of participants



-  under 20 years
-  21-59 yrs
-  60 yrs and older

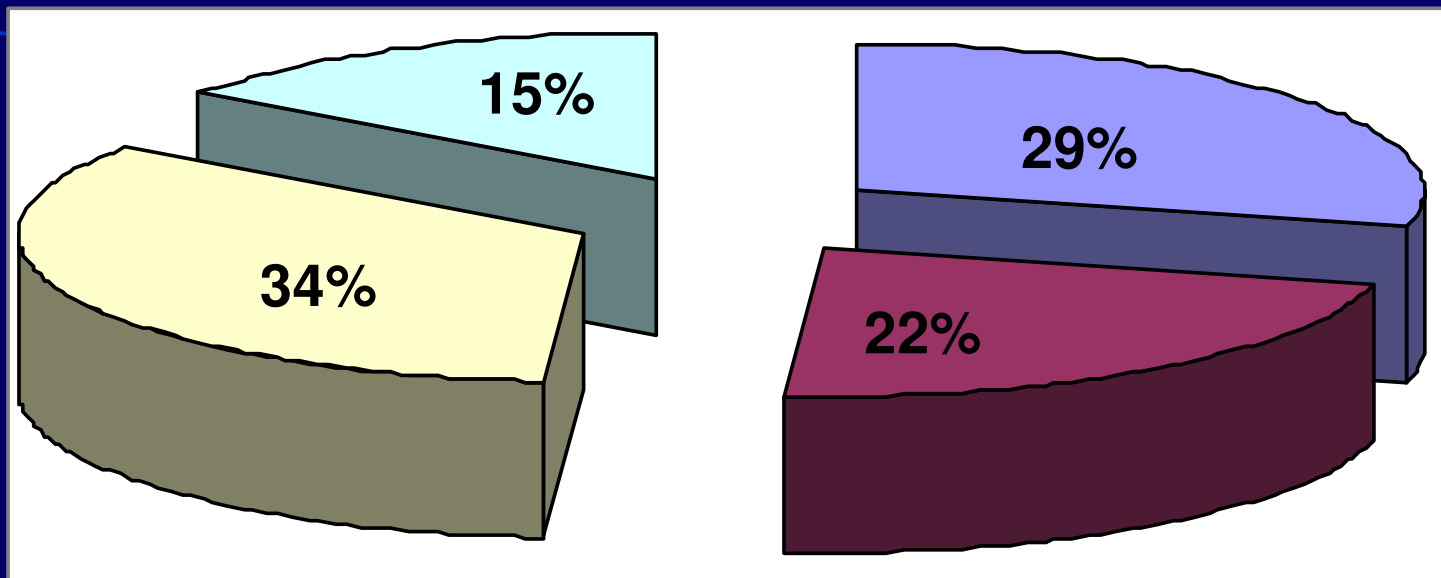
# Numbers of operationes

<b>1 op.</b>	<b>72</b>
<b>2 op.</b>	<b>21</b>
<b>3 op.</b>	<b>3</b>
<b>4-7 op.</b>	<b>4</b>

# Results

- One Month after surgery 49% have moderate and severe pain syndroms.
- In longterm the numbers are growing  
- 5 yeras after the operation 68%  
have moderate and severe pain.
- No longterm difference after 5 and 10 years.

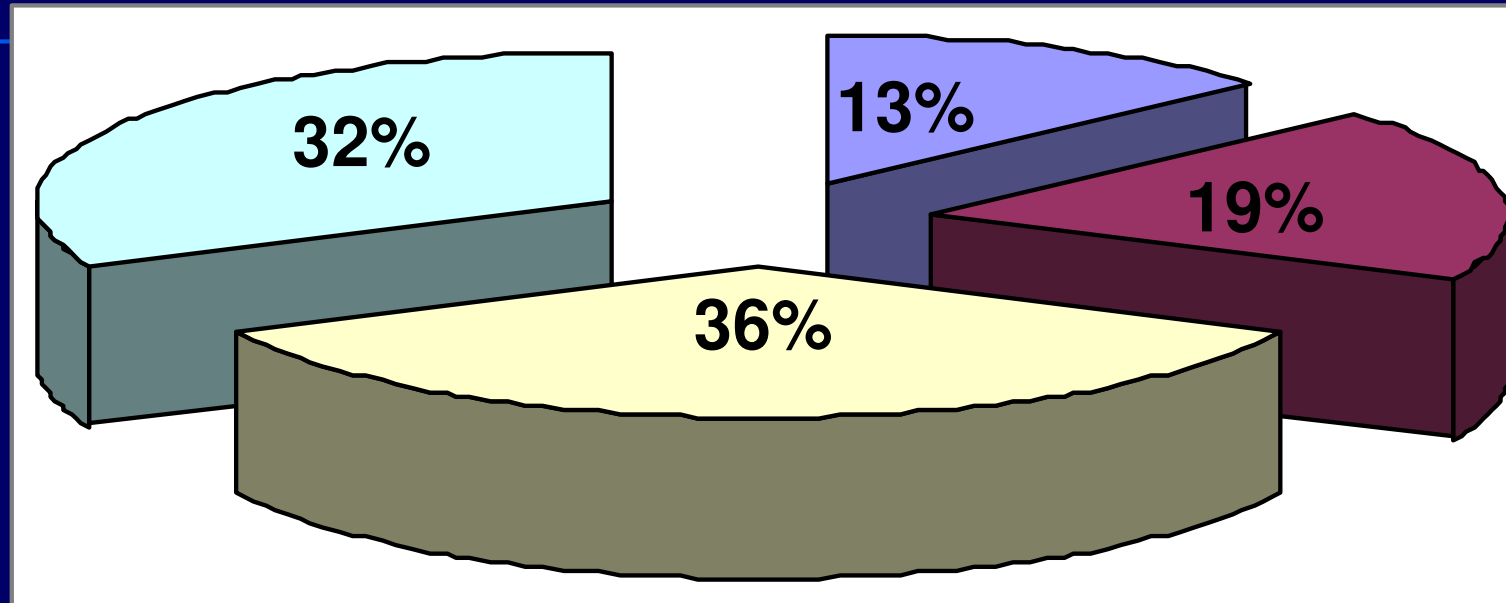
# 1 month after back surgery



- no pain
- mild pain
- moderate pain
- severe pain



# 5 years after back surgery



- no pain
- mild pain
- moderate pain
- severe pain

# Conclusions

- There is reasonable number of patients after lumbar spine operations who have continued to experience and report pain afterwards.
- It could depend on the follow-on criteria and carefully selection of patients for spine surgery.
- Rehabilitation activities, progression of degenerative disease are of importance as well.

**Thanks to**



**Prof. Ināra Logina**