



Article 1: Degenerative lumbar spondylolisthesis: trends in management.

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Degenerative spondylolisthesis with spinal stenosis is common in elderly patients. When symptomatic, the resultant neurogenic claudication often leads to a diminished quality of life. A nonsurgical approach is an appropriate first step. Maximizing the chance of a solid arthrodesis improves the possibility of a successful long-term outcome. Treatment of this pathology has evolved over the past twenty years with the publication of numerous prospective randomized trials assessing the influence of fusion and instrumentation following decompression. Current prospective trials have evaluated the use of bone morphogenetic proteins as a substitute for autogenous bone graft. Recently, soft-tissue stabilization devices have been advocated as an alternative to fusion. Clinicians should critically evaluate these newer technologies and exercise caution regarding their use until controlled long-term trials are completed.

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