



Adult spinal deformity in the osteoporotic spine: options and pitfalls.

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Osteoporosis has received heightened attention over the past 2 decades because of its overwhelming cost to society. It is one of the most common diseases affecting both men and women. The key to treatment is early prevention accompanied by modification of risk factors and impact-oriented exercise, optimal medical management with antiresorptive medications, and addressing the complications of this disease such as compression fractures and spinal deformities. Most osteoporotic vertebral compression fractures can be treated nonsurgically, but new techniques such as vertebroplasty and kyphoplasty are producing good early clinical results with low complication profiles. The surgical treatment of deformities such as kyphosis and scoliosis can be very challenging given the poor bone quality and propensity for instrumentation cutout. The surgical treatment of spinal stenosis in the face of deformity in these patients requires keen surgical planning and a clear identification of the source of the patient's complaints--be it the deformity, the stenosis, or both. Several advances in instrumentation, such as the use of laminar fixation (if available), multisegment fixation, limited correction of the deformity, and augmentation of pedicle screw purchase through biologic and nonbiologic fillers have been developed.

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