

“Vertiflex Improves Quality of Life in Military Veterans Suffering from Low Back and Leg Pain”

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Objectives and Background

Lumbar interspinous process decompression (IPD) has been in use to treat patients with lumbar spinal stenosis (LSS) for decades. In 2015, a second-generation IPD, Vertiflex, became FDA-approved. The main differences are that Vertiflex placement is performed via a percutaneous route, can be performed without general anesthesia, and is reversible. Our study aims to confirm that the Vertiflex procedure has successfully improved the quality of life in military veterans.

Methods

Patients were given the SF-12v2 health survey at consistent time points: Pre-operation, one week post-operation, one month post-operation, three months post-operation, six months post-operation, and one year post-operation. Sixteen patients have been included in the study to date. The SF-12v2 measures eight total domains which are combined to provide the patients’ Mental Component Summary (MCS) and Physical Component Summary (PCS) as indicators of quality of life. . These scores are measured on a 100-point scale, with a score of 50 indicating the United States population mean score, and each 10-point increment indicating a change of one standard deviation in quality of life. Additionally, patients were asked whether they would recommend Vertiflex to peers with similar symptoms to their own.

Results

To date, eight of the patients enrolled in the study have completed one year post-operation surveys, and thirteen of the patients have completed six months post-operation surveys. Data on patients recommendation of Vertiflex were taken at the six months post-operation survey.

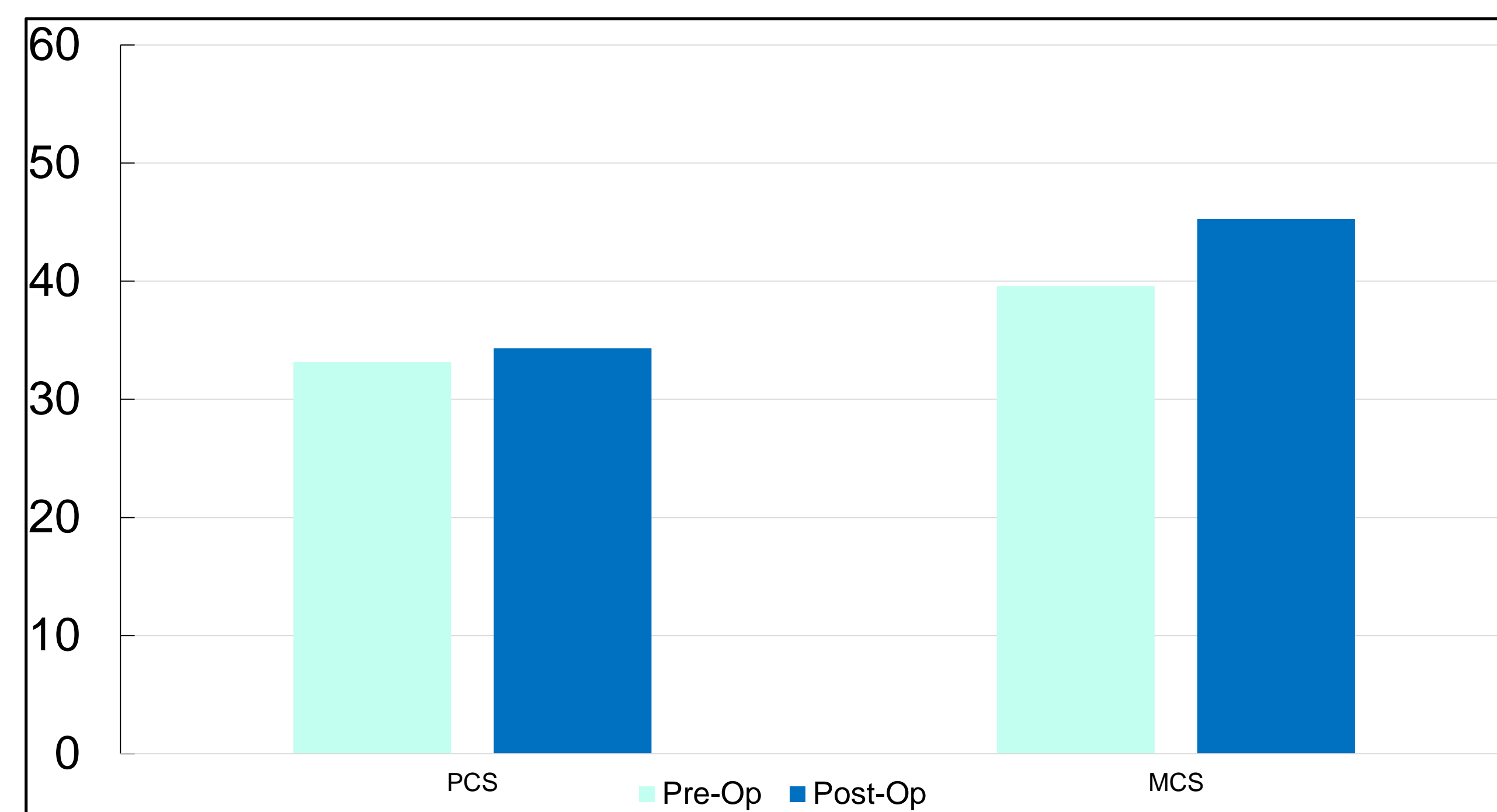


Figure 1: Mean PCS and MCS of patients before their operations and 6 months post-operation (n=13).

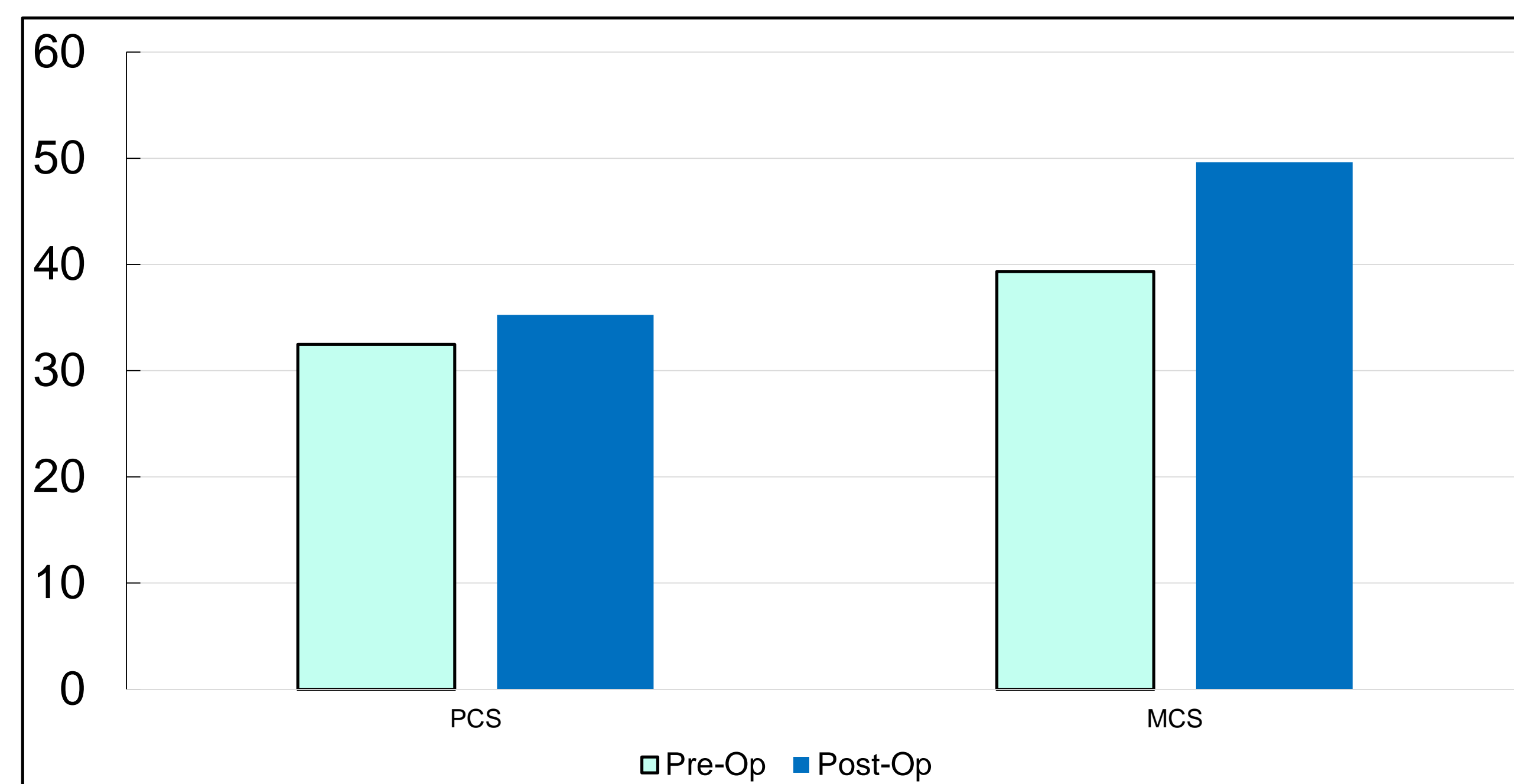


Figure 2: Mean PCS and MCS of patients before their operations and one year post-operation (n=8).

Results (cont.)

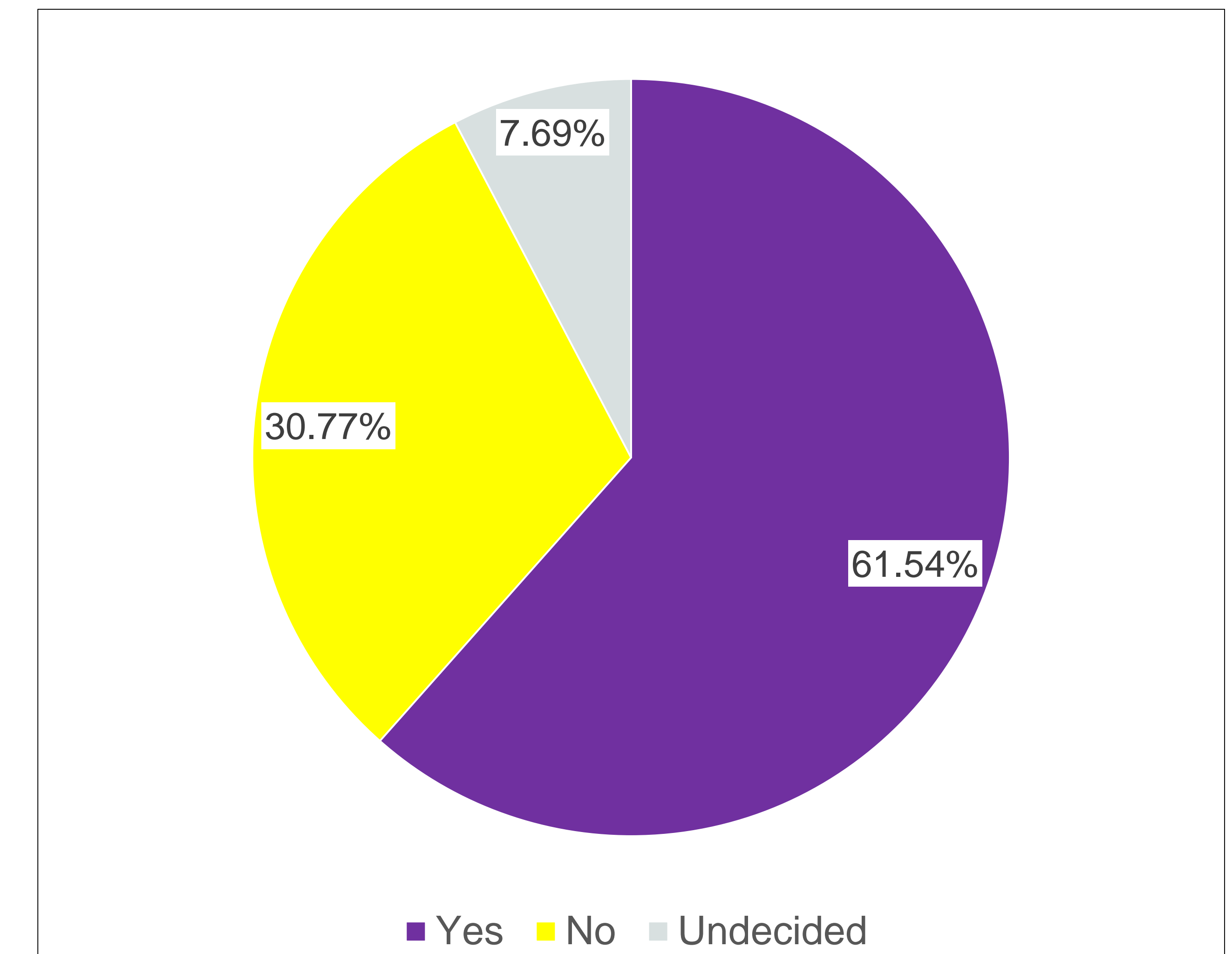


Figure 3: Patients response when asked whether they would recommend Vertiflex to a peer (n=13)

Conclusions

Vertiflex increases the quality of life for veterans treated at the New Orleans VA Medical Center. More than 60% of veterans who had this procedure would recommend it to a peer, and there were no infections, hematomas, neurological injuries, or other complications resulting from these procedures.