Orthopedic Practice and Techniques

Open Access

RESEARCH ARTICLE Volume 1 - Issue 1

# Advances and Clinical Outcomes in the Surgical Management of Spine Disorders: A Retrospective Cohort Study

**John M. Harper [1*], Emily R. Sanchez [2], and Rajiv Kumar**

[1] Department of Orthopedic Surgery, Central Medical Institute, Chicago, IL, USA
[2] Department of Neuroscience, Western Research University, San Diego, CA, USA
[3] Department of Spine Surgery, Apex Institute of Orthopedics, New Delhi, India
***Corresponding author:** John M. Carter, Department of Orthopedic Surgery, Central Medical Institute, Chicago, IL, USA

**Received:** 15 June, 2025 | **Accepted:**18 June, 2025 | **Published:** 28 June, 2025

**Citation:** John M. Harper, Emily R. Sanchez, Rajiv Kumar, (2025) Advances and Clinical Outcomes in the Surgical Management of Spine Disorders: A Retrospective Cohort Study J. Orthopedic Practice and Techniques1(1): dx.doi.org/OPT/PP.0002



## Abstract

**Background**: Spine disorders, ranging from degenerative diseases to traumatic injuries, significantly impact quality of life and functionality. Surgical interventions have evolved over the past decade, incorporating minimally invasive techniques and advanced instrumentation.

**Objective**: This study evaluates the outcomes of various surgical approaches in spine disorders, focusing on clinical efficacy, complication rates, and patient-reported outcomes.

**Methods**: A retrospective cohort study was conducted on 220 patients who underwent spine surgery between 2018 and 2022 at three tertiary care centers. Procedures included discectomy, laminectomy, spinal fusion, and vertebroplasty. Outcomes were assessed using the Visual Analog Scale (VAS) for pain, Oswestry Disability Index (ODI), and surgical complication rates.

**Results**: The majority of patients demonstrated significant improvement in both VAS and ODI scores postoperatively. Minimally invasive techniques were associated with shorter hospital stays and lower complication rates. Fusion surgeries showed the highest rate of long-term stability but also higher initial recovery time.

**Conclusion**: Surgical management of spine disorders offers considerable clinical benefits, especially with the integration of modern techniques. Proper patient selection and individualized surgical planning are critical for optimizing outcomes.

**Keywords:** spine surgery; spinal disorders; spinal fusion; discectomy; laminectomy; minimally invasive spine surgery; outcomes; neurological recovery

## Introduction

Spine disorders encompass a broad spectrum of pathological conditions including degenerative disc disease, spinal stenosis, herniated discs, trauma-related instability, and neoplastic lesions. These conditions can lead to chronic pain, neurological deficits, and impaired mobility, imposing a significant burden on healthcare systems globally.

While conservative management remains the first-line treatment, surgical intervention becomes necessary when conservative options fail or in the presence of



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progressive neurological deficits. Over the last decade, spine surgery has undergone a paradigm shift with the introduction of advanced imaging, intraoperative navigation, and minimally invasive techniques. This study aims to analyze the clinical outcomes of various surgical approaches for spine disorders, evaluating pain relief, functional recovery, and perioperative complications across a diverse patient population.

## Materials and Methods

**Study Design:**
A retrospective cohort study was conducted across three tertiary care hospitals between January 2018 and December 2022.
**Study Population:**
A total of 220 patients (age range: 21–79 years) who underwent elective spine surgeries were included. Inclusion criteria were diagnosis of a degenerative, traumatic, or compressive spinal disorder requiring surgery and availability of complete follow-up data. Exclusion criteria included prior spinal surgery, spinal infection, and malignancy.
**Surgical Procedures:**
The surgical interventions included:

- Lumbar and cervical discectomy
- Laminectomy and decompression
- Posterior spinal fusion (PSF)
- Vertebroplasty

**Outcome Measures:**

- **Pain:** Assessed by Visual Analog Scale (VAS)
- **Disability:** Measured by Oswestry Disability Index (ODI)
- **Surgical outcomes:** Intraoperative blood loss, operative time, duration of hospital stay, and complication rate

**Data Collection and Analysis:**
Data were collected from patient records and follow-up visits at 3, 6, and 12 months post-surgery. Statistical analysis was performed using SPSS v25. Paired t-tests and ANOVA were used to evaluate changes in VAS and ODI scores.

## Results

Of the 220 patients, 128 were male and 92 were female. The most common indication was lumbar disc herniation (35%), followed by spinal stenosis (28%) and spondylolisthesis (17%). Minimally invasive surgeries were performed in 44% of cases.

- **VAS scores** showed a significant decrease from a preoperative mean of 7.8 to 2.6 at 12 months ($p < 0.001$).
- **ODI scores** improved from a baseline average of 48.2% to 16.5% at final follow-up ($p < 0.001$).
- **Complication rate** was 7.2%, with superficial infection (3.1%) and dural tear (1.8%) being the most common.
- **Hospital stay** was significantly shorter in the minimally invasive group ($3.1 \pm 0.8$ days vs $5.7 \pm 1.3$ days, $p < 0.05$).

Fusion surgeries had higher immediate postoperative pain but showed superior long-term stability compared to decompression alone.

## Discussion

The study confirms that spine surgery significantly improves pain and function in patients with a variety of spinal disorders. The integration of minimally invasive approaches correlates with better perioperative outcomes, aligning with global trends in spine surgery. Despite higher technical demands, minimally invasive surgery (MIS) showed clear benefits, particularly in reducing hospital stay and minimizing infection risks. However, careful patient selection remains crucial, as not all pathologies are suitable for MIS.
Fusion procedures, while more invasive, provided excellent structural correction and long-term relief, especially in cases of instability or deformity. Limitations include the retrospective design and heterogeneity of surgical techniques and surgeons. Future prospective studies with longer follow-up and larger cohorts are recommended.

## Conclusion

Spine surgery continues to evolve, offering substantial improvements in patient quality of life. With advances in surgical technology and techniques, outcomes are becoming increasingly favorable, especially when tailored to individual patient pathology and condition. Minimally invasive surgery represents the future of spinal intervention, provided it is applied judiciously and with adequate surgical expertise.



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