

ALIF is KING at L5-S1

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Castellvi Spine 2016

FLORIDA ORTHOPAEDIC INSTITUTE fore

This slide features a blue-tinted anatomical illustration of a human spine, highlighting the lumbar and sacral regions. The text 'ALIF is KING at L5-S1' is prominently displayed in the center. Below it, the presenter's name and the event name are listed. Logos for Florida Orthopaedic Institute and fore are located in the bottom corners.

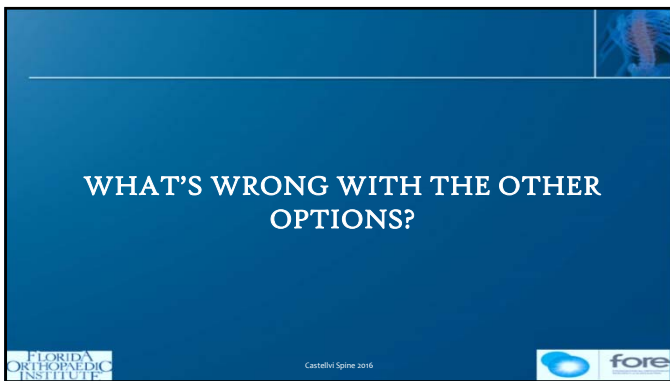


Why ALIF is Superior

- Direct, centered exposure between vessels
- Quick, thorough discectomy
- Indirect decompression
- Avoids spinal canal
- Large footprint cage
 - Robust biomechanical support
 - Large surface area for fusion/ high fusion rates
- Excellent coronal and sagittal plane control
- Lordosis, Lordosis, Lordosis!

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This slide has a blue background with a small spine illustration in the top right. The title 'Why ALIF is Superior' is at the top. A bulleted list of advantages is in the center. Logos for Florida Orthopaedic Institute and fore are at the bottom.




WHAT'S WRONG WITH THE OTHER OPTIONS?

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Non-Operative Treatment



A cartoon illustration in two panels. The left panel shows a man in a field shouting "LASSIE! GET HELP!!" to a dog named Lassie. The right panel shows the man lying in a hospital bed, looking distressed, with Lassie standing by his side.

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The MOLBY Revolving Hammock



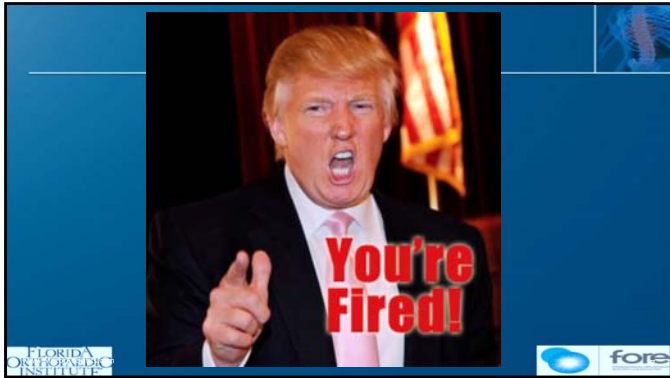
Make Your Spine Young!
Stretch It with the Molby Revolving Hammock. Bring back health and vitality. Have a full chest and a small waist. Live longer and enjoy life more. All the keen relish of a healthful existence comes to the man or woman whose spine is straight, strong and supple, with no tension on the sympathetic nervous system and with every spinal nerve relaxed.

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Two images illustrating non-operative treatments. The left image shows several acupuncture needles inserted into a person's back. The right image shows a person's face with red laser points on the forehead and temples.

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TLIF

- ❖ Small footprint
- ❖ Limited (or worse) lordosis correction
- ❖ Higher nerve root injury risk
- ❖ More difficult to get thorough discectomy
- ❖ More difficult to prepare endplates

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TLIF vs ALIF

OLIF

The diagram shows two points, A and B, connected by two paths. The 'Direct Path' is a straight line from A to B. The 'Indirect Path' is a curved line that goes from A to a point on the left, then curves around to B. A small inset image of a spine is visible in the top right corner of the slide.

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TDR

- ❖ No proven improvement in outcomes
- ❖ No proven reduction in adjacent level surgery
- ❖ Revisions can be life-threatening

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Intra-Discal Stem Cell Injection

[Spine \(Phila Pa 1976\)](#), 2016 Mar 4. [Epub ahead of print]
Cell-Based Therapies for lumbar discogenic low back pain - Systematic Review and Single Arm Meta-Analysis.
 Wu T, Song HX, Dong Y, Li JJ.

CONCLUSION:
 Cell-based therapy is for patients who have discogenic low back pain associated with improved pain relief and Oswestry Disability Index. **More stringently designed randomized double-blind clinical trials with appropriately determined sample sizes will be needed to confirm its clinical efficacy and safety.**

LEVEL OF EVIDENCE: 4

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Right common iliac av. L5 S1 Left common iliac av. L. CLAVY

Thank you

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