

# Bilateral leg pain

Yakar et al., analyzed 60 patients with unilateral [lumbar disc herniation](#) who underwent unilateral [lumbar discectomy](#) and hemipartial [laminectomy](#) between 2014 and 2017. Group 1 (30 patients) had bilateral leg pain and unilateral lumbar disk herniation. Pain lateralization was determined radiologically. Group 2 (30 patients) had unilateral leg pain and unilateral lumbar disk herniation. Pain scores were preoperatively evaluated with Visual Analog Scale (VAS) for both legs and Oswestry Disability Index (ODI) for overall life quality. In both groups, surgery was performed on the ipsilateral side of the herniated disc. Scores were repeated on postoperative day 1 and 1, 3, 6, 12, and 24 months later. VAS score differences for pain lateralization and disk levels were compared in group 1. ODI score differences were compared between both groups. Results were statistically analyzed.

VAS score differences were statistically significant at all follow-up time points in patients with ipsilateral and contralateral pain. VAS score differences between L4-L5 and L5-S1 level discopathies were statistically insignificant for all time points in both groups. All postoperative ODI score decreases for all time points were statistically significant ( $P < 0.001$ ) for both groups, whereas the differences between groups 1 and 2 were statistically insignificant.

Conventional lumbar disk surgery alone is sufficient for the ipsilateral side of radiologically demonstrated disk herniation in patients with bilateral leg pain <sup>1)</sup>.

<sup>1)</sup>

Yakar F, Zaimoglu M, Dogan I, Bakirarar B, Eroglu U, Kircil C, Ozgural O, Ucer M, Kilinc C, Demirel A, Guner E, Bozkurt M, Caglar YS. Is a unilateral surgical approach effective in patients with bilateral leg pain with unilateral lumbar disk herniation? a prospective nonrandomized clinical and surgical study. World Neurosurg. 2018 Jun 12. pii: S1878-8750(18)31237-3. doi: 10.1016/j.wneu.2018.06.022. [Epub ahead of print] PubMed PMID: 29906582.

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