

Epiduroscopy

Epiduroscopy is a treatment method that can be applied to operated or non-operated patients with [lumbar disc](#) pathology. The aim of a study was to investigate and compare the efficacy of [corticosteroid](#) and [platelet-rich plasma](#) (PRP) therapy that they have injected in epidural and foraminal spaces under the guidance of epiduroscopy in the operated or unoperated patients with radicular pain.

The retrospective study was conducted with 62 patients (40 females, 22 males; mean age: 48 ± 12.3 years; range, 20 to 75 years) between January 2014 and September 2020. Of the patients, 32 were unoperated, whereas 30 were operated. All the patients had radicular pain. All the patients were evaluated by the Visual Analog Scale (VAS) and the Oswestry Disability Index (ODI) at the start, on the 10th day, and at one and six months after the procedure by polyclinic control and by a phone call for their last follow-up.

The VAS and ODI scores of patients treated with corticosteroid and PRP were decreased on the 10th day, at one and six months and the last follow-up, and this decrease was statistically significant.

Both PRP and corticosteroid injections were effective in pain scores during short-term and long-term follow-ups owing to the contribution of epiduroscopic intervention by allowing local administration of PRP or corticosteroids and analgesic agents as well as its mechanical adhesiolysis effect ¹⁾.

see [Epiduroscopic laser neural decompression](#).

Transforaminal Epiduroscopic Laser Ablation of [Sinuvertebral Nerve](#) in Patients with Chronic [Discogenic Pain](#) ²⁾.

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Demirci AY. The retrospective analysis of platelet-rich plasma and corticosteroid injection under epiduroscopic guidance for radiculopathy in operated or unoperated patients for lumbar disc herniation. Turk J Phys Med Rehabil. 2022 Aug 25;68(3):409-417. doi: 10.5606/tftrd.2022.9005. PMID: 36475103; PMCID: PMC9706794.

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Kim HS, Paudel B, Chung SK, Jang JS, Oh SH, Jang IT. Transforaminal Epiduroscopic Laser Ablation of Sinuvertebral Nerve in Patients with Chronic Diskogenic Back Pain: Technical Note and Preliminary Result. J Neurol Surg A Cent Eur Neurosurg. 2017 Sep 4. doi: 10.1055/s-0037-1604361. [Epub ahead of print] PubMed PMID: 28869992.

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