

Interspinous plate

see also [Interspinous spacer](#).

Interspinous [plates](#) (e.g. [Aspen®](#) (Lanx), [Affix™](#) (Nuvasive), [Spire®](#) (Medtronic)) clamp across two [spinous processes](#) to fixate them (unlike [X-Stop™](#) which just limits extension). The Aspen® clamps have a space for a [graft](#) that may optionally be used to promote fusion between the spinous processes. Interspinous plates may be used to augment other constructs, e.g. [lateral interbody fusion](#),¹⁾ but are not intended for [stand-alone](#) use. Biomechanical stability is reported to be similar to bilateral pedicle screws in flexion, and unilateral pedicle screws in lateral bending²⁾.

¹⁾

Wang JC, Haid RW,Jr, Miller JS, et al. Comparison of CD HORIZON SPIRE spinous process plate stabilization and pedicle screw fixation after [anterior lumbar interbody fusion](#). J Neurosurg Spine. 2006; 4: 132-136

²⁾

Wang JC, Spenciner D, Robinson JC. SPIRE spinous process stabilization plate: biomechanical evaluation of a novel technology. J Neurosurg Spine. 2006; 4:160-164

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