

Kyphoplasty

Kyphoplasty is a [minimally invasive](#) surgical [procedure](#) used to treat [vertebral compression fractures](#) (VCFs), typically caused by osteoporosis, trauma, or tumors.

□ How it works:

A small balloon is inserted through a needle into the collapsed vertebra.

The balloon is inflated to restore vertebral height and create a cavity.

The balloon is then removed, and the cavity is filled with bone cement (usually polymethylmethacrylate or PMMA).

The cement hardens quickly, stabilizing the fracture and reducing pain.

□ Clinical Goals: Pain relief

Spinal alignment restoration

Prevention of further vertebral collapse

Improved mobility and function

△ Risks and Considerations: Adjacent level fractures due to altered biomechanics

Cement leakage

Infection or bleeding

Effectiveness is best in acute/subacute fractures

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