

Lumbar lateral interbody fusion

see also [Lateral Transpsoas Interbody Fusion](#).

Sagittal balance restoration has been shown to be an important determinant of outcomes in corrective surgery for degenerative **scoliosis**. **Lateral interbody fusion** (LIF) is a less-invasive technique which permits the placement of a high lordosis interbody cage without risks associated with traditional anterior or transforaminal interbody techniques. Studies have shown improvement in lumbar lordosis following LIF, but only one other study has assessed sagittal balance in this population.

Thirty-five patients who underwent LIF for degenerative thoracolumbar scoliosis from July 2013 to March 2014 by a single surgeon were included. Outcome measures included sagittal balance, **lumbar lordosis**, **Cobb Angle**, and segmental lordosis. Measures were evaluated pre-operative, immediately post-operatively, and at their last clinical follow-up. Repeated measures ANOVAs were used to assess the differences between pre-operative, first postoperative, and a follow-up visit.

The average sagittal balance correction was not significantly different: 1.06cm from 5.79cm to 4.74cm forward. The average Cobb angle correction was 14.1 degrees from 21.6 to 5.5 degrees. The average change in global lumbar lordosis was found to be significantly different: 6.3 degrees from 28.9 to 35.2 degrees. : This study demonstrates that LIF reliably restores lordosis, but does not significantly improve sagittal balance. Despite this, patients had reliable improvement in pain and functionality suggesting that sagittal balance correction may not be as critical in scoliosis correction as previous studies have indicated.

LIF does not significantly change sagittal balance; however, clinical improvement does not seem to be contingent upon sagittal balance correction in the degenerative scoliosis population. The DUHS IRB has determined this study meets criteria for an IRB waiver ¹⁾.

1)

Blizzard DJ, Gallizzi MA, Sheets C, Smith BT, Isaacs RE, Eure M, Brown CR. Sagittal Balance Correction in Lateral Interbody Fusion for Degenerative Scoliosis. Int J Spine Surg. 2016 Aug 25;10:29. eCollection 2016. PubMed PMID: 27652200.

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