

Lumbar spinal stenosis epidemiology

Lumbar spinal stenosis is a common [degenerative spine disease](#) of the [lumbar spine](#).

Recent epidemiological studies have shown that the incidence of lumbar spinal stenosis is approximately 5.7% and increases with age, especially among 70 to 79-year-olds ¹⁾.

The number of LSS operations in various countries is increasing, partly due to ageing of the population ^{2) 3) 4)}.

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Yabuki S, Fukumori N, Takegami M, Onishi Y, Otani K, Sekiguchi M, Wakita T, Kikuchi SI, Fukuhara S, Konno SI. Prevalence of lumbar spinal stenosis, using the diagnostic support tool, and correlated factors in Japan: a population-based study. J Orthop Sci. 2013;18:893-900. doi: 10.1007/s00776-013-0455-5.

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Ciol MA, Deyo RA, Howell E, et al. An assessment of surgery for spinal stenosis: time trends, geographic variations, complications, and reoperations. J Am Geriatr Soc. 1996;44:285-290.

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Deyo R, Gray D, Kreuter W, et al. United States trends in lumbar fusion surgery for degenerative conditions. Spine. 2005;30:1441-1445. doi: 10.1097/01.brs.0000166503.37969.8a.

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Jansson K-Å, Németh G, Granath F, Jönsson B, Blomqvist P. Health-related quality of life (EG-5D) before and one year after surgery for lumbar spinal stenosis. J Bone Jt Surg (Br) 2009;91-B:211-216.

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Last update: **2024/06/07 02:59**

