

Paramedian muscle splitting approach to the lumbar spine

Intermuscular approaches can expose the lumbar spine and minimize muscular trauma and injury. The segmental anatomy of the posterior [lumbar paraspinal muscles](#) allows surgical access through separation of muscle groups and fascicles and provides one to develop intermuscular working channels while preserving the integrity of the muscles and their function. In addition, preservation of the accompanying neurovascular bundles minimizes blood loss, tissue atrophy, and pain. With these approaches, a variety of procedures for decompression, discectomy, interbody fusion, or pedicle screw fixation can be achieved for single or multiple levels without subperiosteal stripping or muscle transection.

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Last update: **2024/06/07 02:53**

