

Paramuscular approach

Approach for [Extreme lateral lumbar disc herniation](#).

The paramuscular approach requires a larger incision and greater soft-tissue retraction, but exposes less of the foramen; ¹⁾ its advocates find the muscle-splitting approach disorientating because of the lack of anatomical landmarks ^{2) 3)}.

The target of the surgical exposure is the isthmus. Good knowledge of the anatomic features of the intervertebral foramen and intertransverse space is mandatory ⁴⁾.

¹⁾

Fankhauser H, de Tribolet N. Extreme lateral lumbar disc herniation. Br J Neurosurg 1987;1:111-29.

²⁾

Siebner HR, Faulhauer K. Frequency and specific surgical management of far lateral lumbar disc herniations. Acta Neurochir Wien 1990;105:124-31.

³⁾

Hood RS. Far lateral lumbar disc herniations. Neurosurg Clin N Am 1993;4:117-24.

⁴⁾

Tessitore E, de Tribolet N. Far-lateral lumbar disc herniation: the microsurgical transmuscular approach. Neurosurgery. 2004 Apr;54(4):939-42; discussion 942. PubMed PMID: 15046661.

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