

The medical data of 27 patients (16 men and 11 women; mean age: 40.9 years) who were operated on with the posterior endoscope-assisted cervical discectomy method was reviewed retrospectively. The mean follow-up was 35.1 months, and the patients were assessed with combined preoperative and postoperative visual analog scale (VAS), Prolo Functional Economic Outcome Rating scale, MacNab scale, and clinical imaging.

The mean preoperative VAS level was 8.6 (range: 7-10), and mean Prolo score was 2.5 (range: 2-5). A postoperative assessment performed 1 week postsurgery found a mean VAS level of 2.1 (range: 0-4). At the final examination, the mean VAS level was 0.81 (range: 0-3), and the mean Prolo score was 4.5 (range: 3-5). The final MacNab scale scores were 62.9%, excellent; 25.9%, good; 7.4%, moderate; and 3.7%, poor.

Percutaneous endoscope-assisted cervical discectomy is a suitable and effective treatment method for soft cervical disk herniation ¹⁾

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Karaoglu DG, Polat O, Uckun OM, Karadeniz R, Belen D, Dalgic A. Posterior Endoscope-Assisted Discectomy Is an Effective Technique for Cervical Soft Disk Herniation. J Neurol Surg A Cent Eur Neurosurg. 2021 Jan 6. doi: 10.1055/s-0040-1709166. Epub ahead of print. PMID: 33406534.

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