

Monotherapy in Radicular Syndrome Associated with Lumbar Intervertebral Disc Herniation (Short-Term Outcomes)

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ABSTRACT

Introduction: Attributable to a high prevalence of lumbar intervertebral hernias in addition to variable outcomes of treatment (both conservative and surgical) of radicular syndrome, the study of this pain syndrome treatment with epidural steroid injections only (monotherapy), as an intermediate between surgical and therapeutic treatment, is a topical issue.

Objective: The study was aimed to improve the treatment outcomes of the patients with radicular syndrome associated with lumbar intervertebral disc herniation with epidural steroid injections only (monotherapy).

Materials and methods: Short-term treatment outcomes of 110 patients aged 34 to 79 years old with radicular syndrome associated with lumbar intervertebral disc herniation (the main group) were studied. The patients of the main group underwent epidural injections of steroid drugs with a 2-3-week interval. 81 patients received two epidural steroid injections, 15 patients - three steroid injections, and 14 patients - one steroid injection. All main group patients of the underwent epidural injections after unsuccessful conservative treatment. The control group involved 30 patients aged 42 to 78 years old with radicular syndrome treated conservatively according to standard schemes. The groups were comparable regarding age, sex, and structural changes at the lumbar spine. The patients with sequestered intervertebral hernias were excluded from both study groups. The Visual Analogue Scale and the Oswestry Disability Index questionnaire were used to assess the pain syndrome. The assessment was carried out twice: at the pre-operative period and in three months after treatment.

Results: A significant statistical difference in short-term treatment outcomes was established between the main and control groups by both the Visual Analogue Scale and the Oswestry Disability Index in favor of monotherapy with epidural steroid injections.

Conclusion: A high efficiency (in the short term) of monotherapy with epidural steroid injections for radicular syndrome associated with lumbar intervertebral disc herniation has been proved in the study.

Keywords: Radicular syndrome, Intervertebral disc herniation, Epidural steroid injections

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