

Pain Relief Using an Interspinous Spacer for Treatment of Lumbar Spinal Stenosis Among Patients with Severe Pain

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BACKGROUND

Indirect Decompression Systems (IDS) or Interspinous Spacers are an option in well-selected patients with impaired physical function who experience relief in flexion from symptoms of leg, buttock and/or groin pain due to lumbar spinal stenosis (LSS). A growing body of published clinical evidence has demonstrated excellent long-term clinical benefit with sustained pain relief, improved quality of life and medication reduction up to 5-years post-implant.¹⁻³ Real-world reports demonstrated excellent long-term clinical benefit for patients including leg pain responder rate and pain severity reduction of 75% and 60% respectively at 12-months post-operation.⁴

Here, we provide real-world outcomes in patients with severe pain (8 or above on Numerical Rating Scale) who received an Indirect Decompression System (IDS) for LSS related pain and symptoms as part of an ongoing multicenter, observational case-series.

METHODS

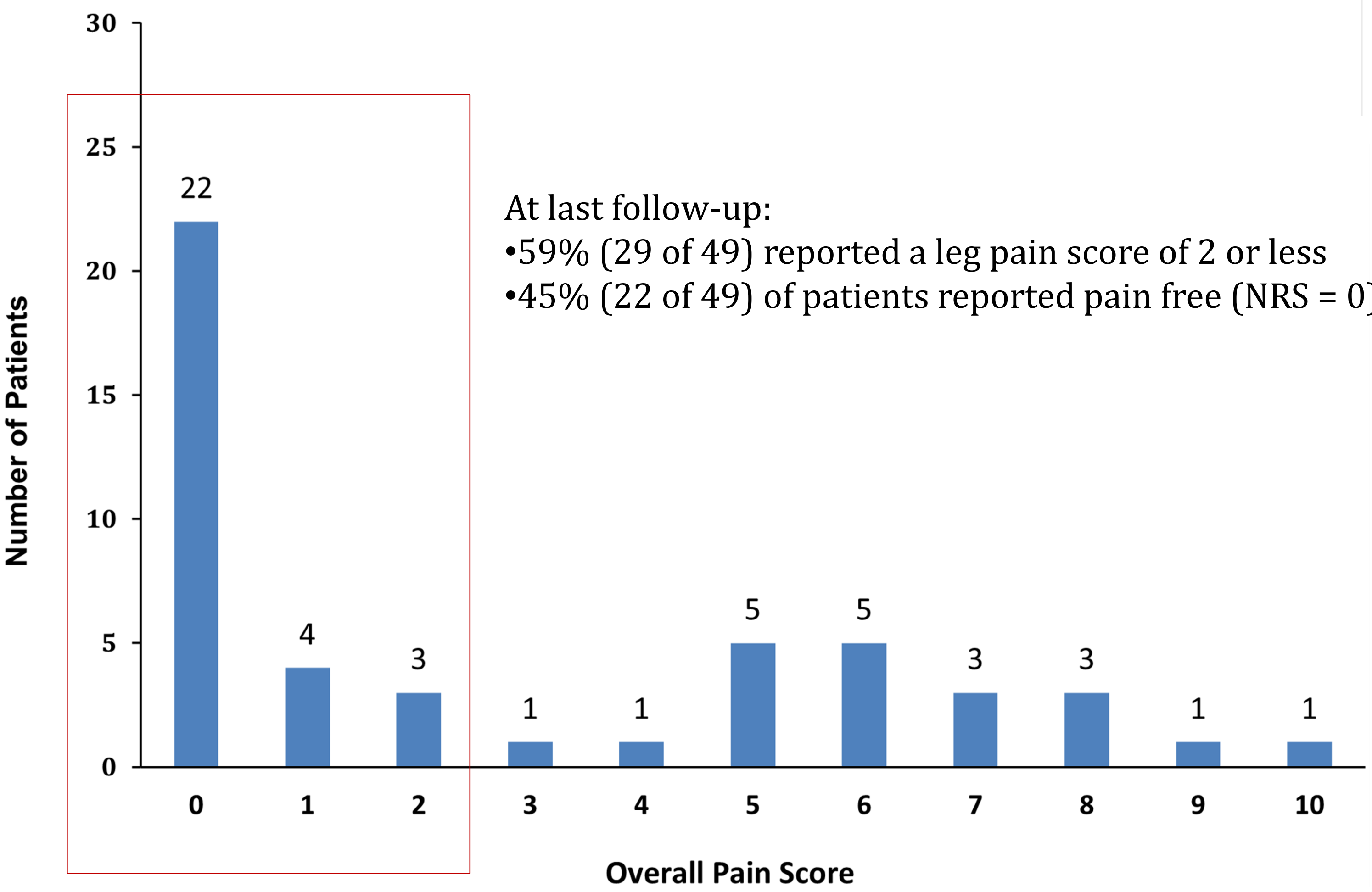
Study Design	- Multi-center, observational case-series. - Data collected by site personnel only
Study Device	Superion Indirect Decompression System (Boston Scientific) 
Cohort	•175 patients with severe pain (8 or above) at 10 centers who received IDS

RESULTS

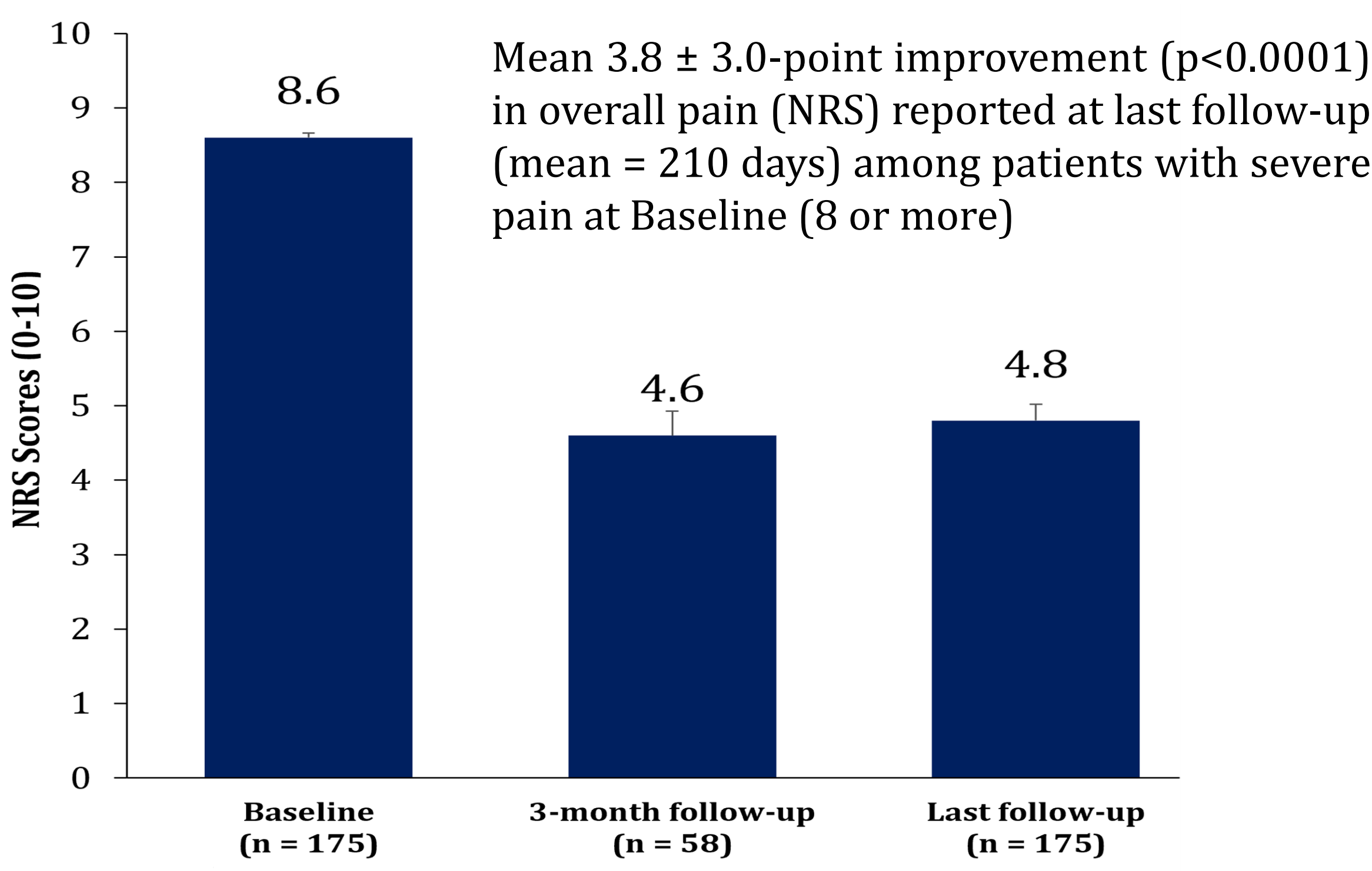
Baseline Characteristics (n = 71)

Gender - Females (%)	58.9% (103/175)
Age [Mean (SD)]	73.3 (11.1) years, n = 169
Baseline NRS [Mean (SD)]	8.6 (0.8), n = 175
Follow-Up Duration [Mean (SD)]	210 (324.5) days, n = 175

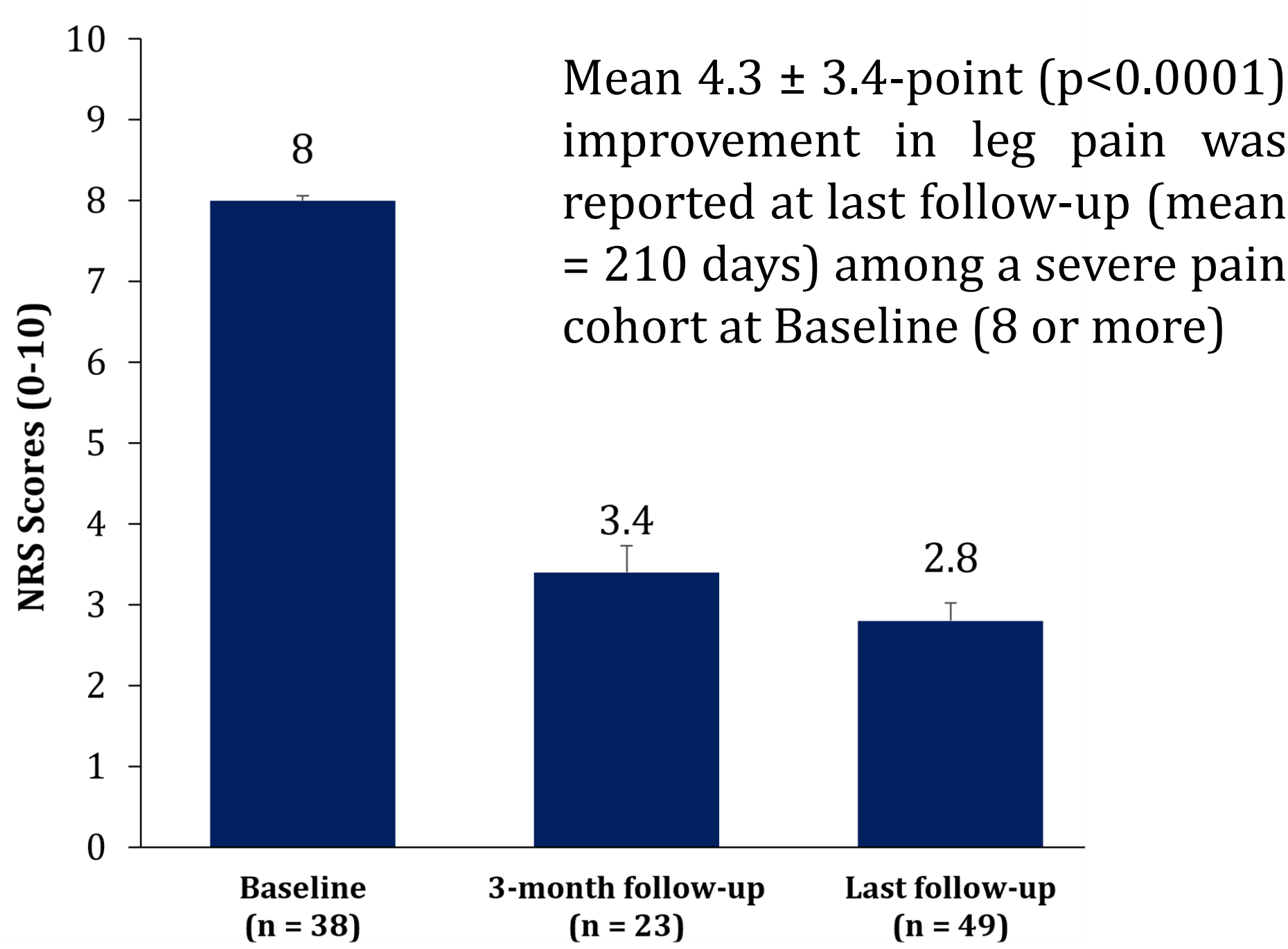
Distribution of Leg Pain Scores at Last Follow-Up



Mean Overall Pain NRS Scores



Mean Leg Pain NRS Scores



CONCLUSIONS

- Results from this ongoing, real-world, observational case-series of severe pain patients (8 or more on NRS), who received an IDS for treatment of LSS symptoms, demonstrated the following pain relief at last follow-up (mean = 210 days):
 - 3.8-point improvement in overall pain (8.6 → 4.8, p<0.0001)
 - Forty-five percent of patients were leg pain free (NRS = 0) at last follow-up
 - 4.3-point improvement in leg pain (8.0 → 2.8, p<0.0001)
- This preliminary evidence aligns with reports in peer-reviewed literature

REFERENCES

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DISCLOSURES

Study Sponsored by Boston Scientific.
Holly Kaufman, Lilly Chen, and Edward Goldberg are employees of Boston Scientific.

