

399**The Coflex F™ - A New Minimally Invasive Device for the PLIF Procedure**M. Eif¹¹Städtisches Klinikum Goerlitz gGmbH, Neurochirurgie, Görlitz, Germany

Since the PLIF procedure is a very good and well established technique for the treatment of lumbar instability in combination with an additional narrowing of the spinal channel a rather big or an additional approach for the implantation of the pedicle screw based posterior part of this fusion technique is needed. With the Coflex F™ the approach is limited to the small incision that is needed for the decompression, discectomy and implantation of the intervertebral cages.

From 2008 to 2010 more than 31 patients (22 male, 9 female) from 50 to 86 years were operated with discectomy, decompression, intervertebral cages (either PEEK or Titanium) and the Coflex F™. The pathologies were instability up to Meyerding 1° in combination with lumbar spinal stenosis caused by hypertrophic changes of the ligaments and/or the facet joints. The follow up period varies between 6 to 24 month.

ODI, VAS and whether the patients are satisfied or not were registered for follow up after 6 weeks, 3 month, 6 month, 12 month and 24 month . A neurological examination and x-ray control were performed. There is an evidence of bridging bone even in the 6 month follow up. The clinical results are very good and good in 83% and fair in 17 % after 24 month.

Even if the amount of patients is very limited the results are very encouraging. Further investigation also with a bigger amount of patients is necessary.