

Update on degenerative spondylolisthesis: surgical treatment

ATUALIZAÇÃO EM ESPONDILOLISTESE DEGENERATIVA: TRATAMENTO CIRÚRGICO

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1. Is the use of bone substitutes such as BMP (bone morphogenetic protein) safe and effective in lumbosacral arthrodesis?

- a. It is safe due to lack of complications.
- b. Complications include osteolysis and heterotopic ossification.
- c. The routine use is recommended in spondylolisthesis.
- d. Clinical results with iliac grafts are superior.

2. Bone substitutes are equal or superior to autografts in this situation?

- a. The removal of autologous bone graft from the iliac bone is radiologically superior.
- b. Bone substitutes are contraindicated in this clinical situation.
- c. The association of local bone graft (from the posterior vertebral elements) and beta-tricalcium phosphate is a therapeutic option.
- d. The removal of autologous bone graft from the iliac bone is clinically superior.

3. What is the most appropriate diagnostic study in this clinical context?

- a. In the presence of symptomatic lumbar stenosis, the most sensitive and specific radiologic examination is computed tomography (CT).
- b. Plain radiographs in the standing position does not determine the diagnosis.
- c. Magnetic Resonance Imaging (MRI) is more sensitive and specific in identifying the narrowing of the spinal canal.
- d. The most appropriate diagnostic test in this situation is plain radiography.

4. Is it necessary to refer the patient to arthrodesis with use of rigid pedicle screws (non-dynamic)?

- a. Instrumentation does not increase fusion rate.
- b. Instrumented fusion produces less progression and improved walking ability.
- c. A side effect of fusion is increased radicular pain.
- d. There is subjective improvement independent of solid fusion.

5. How long should conservative treatment (non-surgical) be maintained?

- a. In treatment failure after 1 year of therapy.
- b. Medical and surgical treatments have similar results, differing in required time.
- c. After 12 weeks of failure in conservative treatment.
- d. Spondylolisthesis is an absolute indication for surgical treatment.