

Lumbar Spinal Stenosis

"X-STOP Procedure"

by Judson Cook, MD and Steven Beer, MD

Lumbar Spinal Stenosis (LSS) is a narrowing that occurs in the lower part of the spinal canal that carries nerve to the legs. As this space in the lower spine shrinks, the nerves passing through the spinal canal can become squeezed, resulting in leg, buttocks, groin and sometimes back pain.

Because standing upright provokes these symptoms, the X-Stop implant is designed to limit extension of the lumbar spine and keep the canal open.

Cheyenne Regional Medical Center and the surgeons of Wyoming Spine is now offering this new technology. X-STOP (Interspinous Process Decompression) system, provides a minimally invasive treatment of LSS.

A good candidate for the X-STOP procedure is someone who is 50 or older, whose physical function is moderately impaired and who experiences relief from pain when bending forward.

The operation involves implanting a device (a titanium alloy implant) in a minimally invasive procedure that takes about 45 to 90 minutes and can be done under local anesthesia.

The X-STOP device underwent an extensive clinical study and is the first device approved in the US to treat the symptoms of LSS.

This new procedure fills the gap in care options that required our patients to make the leap from conservative therapies, such as pain management medications and physical therapy, straight to invasive surgery such as a laminectomy.

A laminectomy involves removing parts of the bone and tissue that are narrowing the spinal canal. It is an open and invasive surgical procedure that requires general anesthesia. Often this is not an appropriate option for patients who cannot tolerate general anesthesia.

Patient benefits of the X-STOP include:

- Minimally invasive surgical procedure;
- Does not require general anesthesia; can be done under a local anesthetic as an outpatient procedure;
- Typically no bone or soft tissue removal;
- The implant is removable and does not prevent a patient from undergoing surgery at a later time; and
- A quick recovery time.

To learn more about the X-STOP, contact us at 307-778-2860.

Copyright © [Around Cheyenne](#) July 2008 Volume 7 Issue 2

