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## Surgical Outcome for Foot Drop in Lumbar Degenerative Disease

### Abstract

Controversy exists regarding the timing and outcome of surgery for lumbar degenerative disease (LDD) associated with foot drop. In this work, we report the results of a retrospective observational study from our center. We had a sample size of 26 patients with a minimum follow-up of 6 months. Of the 26 patients, 88% improved, with complete recovery observed in 61%. Thus, our data support the view that there is good recovery from operative management of foot drop secondary to LDD. Adjusting for preoperative strength, preoperative duration of weakness was a significant predictor of extent of recovery (odds ratio = 0.93; 95% confidence interval 0.88 to 0.98;  $p = 0.019$ ). The model explained 50% of the variance in outcome in this study.

以手術治療因腰椎退行性疾病引致足下垂的療效

有關以手術治療腰椎退行性疾病（LDD）及足下垂的時間及療效一直存在爭議。在這文獻中，我們會匯報在本中心進行回顧性觀察研究的結果。我們的樣本量為至少跟進了 6 個月的 26 位患者。在 26 位患者中，其中 88% 有改善，而 61% 中更觀察到完全康復。因此，我們的數據支持以手術治療因腰椎退行性疾病引致的足下垂會有良好的康復。調整術前的強度，術前無力的持續時期是顯著可預測到恢復的程度（勝算比 0.93，95% 信賴區間為 0.88~0.98， $P = 0.019$ ）。該模型解釋了在這項研究結果中有 50% 的方差。