

## **X-Stop Interspinous Device**

This is a small implant that is placed between the spinous processes at the back of the vertebrae just under the skin. It is used as an alternative to a full spinal decompression in patients with leg pain / sciatica / claudication (pain in their legs on walking). It is for patients with moderate or mild spinal stenosis (narrowing of the spine). By pushing the spinous processes apart it opens up the foramen (tunnel) where the nerves are compressed as they leave the spinal canal.



The procedure is usually performed under general anaesthetic. It takes twenty to thirty minutes. A small incision is made in the back to position the implant. Hospital stay is at the most one night. The main risks are inability to insert the implant due to fracture or overgrowth of the spinous processes. In this case a standard decompression is required. The implant does not work in all patients and there is failure to improve in 20-30%. Rarely pain can be worse. The risk of neurological injury leading to weakness, numbness and paralysis is very rare. There is a small risk (1 in 100) of infection that can lead to implant removal. Sometimes symptoms improve initially but then come back – a further MRI scan may be needed and occasionally removal of the implant and a standard decompression performed.

If you require any further information please contact my office by e-mail – [ulsterorthospine@hotmail.com](mailto:ulsterorthospine@hotmail.com) or by telephone – 02890 664082.

