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Percutaneous Full Endoscopic Bilateral Lumbar Decompression of Spinal Stenosis through Uniportal-Contralateral Approach: Techniques and Preliminary Results

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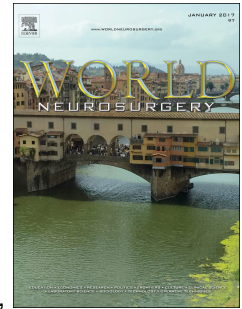
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Contralateral Approach: Techniques and Preliminary Results**

**Abstract:**

**Background:**

When considering various risk factors such as age, comorbidities, and complications related to the surgical procedure itself, open surgery in degenerative spinal stenosis is likely to cause more complications. Here, we report the surgical procedure and preliminary clinical results of percutaneous endoscopic stenosis lumbar decompression (PESLD) technique using a uniportal-contralateral approach for bilateral decompression of degenerative spinal stenosis.

**Materials and methods:**

Electronic medical records (EMR) of 48 consecutive patients who were treated between January 2016 and August 2016 were reviewed retrospectively. All patient received PESLD through the uniportal- contralateral approach. We analyzed the outcomes using visual analogue scale (VAS), MacNab criteria, Oswestry Disability Index (ODI), and complication rate.

**Results:**

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