Novel Minimally Invasive Approaches to Lumbar Degenerative Disc Disease: Direct Lateral Approach to the Lumbar Spine

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Minimally invasive techniques continue to advance in the treatment of a wide-range of spinal diseases including lumbar degenerative disc disease (DDD). Though all levels of the lumbar spine can be affected by DDD, the L4-L5 and L5-S1 levels are the most commonly affected. There are a variety of surgical options to treat intervertebral DDD: Anterior Lumbar Interbody Fusion (ALIF), Posterior Lumbar Interbody Fusion (PLIF), and Transforaminal Lumbar Interbody Fusion (TLIF). Though each can be successfully utilized, they can be more invasive, and allow smaller cage placement with a diminished fusion surface area, therefore increasing the possibility of postoperative pain, length of stay, and potential non-union. A minimally invasive alternative is the Direct/Extreme Lateral Interbody Fusion
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