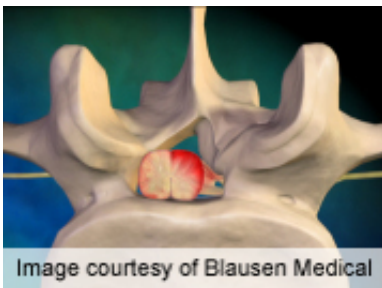


# EP studies helpful in lumbar spinal stenosis prognosis

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Electrophysiological abnormalities have been identified that are of some prognostic value in determining deteriorating clinical status over the long term for patients with mild-to-moderate lumbar spinal stenosis, according to research published in the December issue of the *European Spine Journal*.

(HealthDay)—Electrophysiological abnormalities have been identified that are of some prognostic value in determining deteriorating clinical status over the long term for patients with mild-to-moderate lumbar spinal stenosis (LSS), according to research published in the December issue of the *European Spine Journal*.

Blanka Micankova Adamova, Ph.D., of University Brno in the Czech Republic, and colleagues followed a group of 56 patients with clinically symptomatic mild-to-moderate LSS for seven years to identify predictors of clinical outcome that might one day assist in therapeutic selection.

The researchers identified electrophysiological parameters that were significantly associated with unsatisfactory [clinical outcomes](#) in this patient population. Specifically, patients with electromyography (EMG) signs of pluriradicular involvement were 3.72-fold more likely to have an unsatisfactory outcome (68.2 versus 32.3 percent). Additionally, those with an averaged soleus H-reflex amplitude of 2.8 mV or less were 2.87-fold more likely to have an unsatisfactory outcome (50.0 versus 14.7 percent).

"Satisfactory outcome (unchanged or better clinical status) appeared in 61 percent of patients with mild-to-moderate LSS after seven-year follow-up," the authors write. "As electrophysiological parameters showed some [prognostic value](#) in patients for LSS, especially those of pluriradicular involvement and the parameters of soleus H-reflex, we recommend the use of needle EMG and conduction studies as a standard examination in patients with LSS."

**More information:** [Abstract](#)  
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