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P0371 - DURATION OF FOOT DROP AND POST-OPERATIVE RECOVERY OF MUSCLE POWER: A SINGLE-CENTRE EXPERIENCE

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Resumen

Objectives: To determine whether surgery carried out within 48 hours from the onset of foot drop is associated with a greater recovery of muscle power.

Methods: Retrospective data collection and analysis. Patients who were operated on for foot drop over a 4 year period were identified and case-notes were utilized to obtain clinical data. The duration of foot drop prior to surgery was categorized as less than or equal to 48 hours and greater than 48 hours. As per the medical research council (MRC) scale, muscle power of ankle dorsiflexion was compared pre- and post-operatively.

Results: The total sample size was 28. All patients were diagnosed with a prolapsed intervertebral disc except for one who had lateral recess stenosis. The median age was 51 (15–74). 9 (32%) were female and 19 (68%) male. The level was L4/L5 in 17 (61%) patients and L5/S1 in 11 (39%). Foot drop was right sided in 13 (46%) patients, left in 14 (50%) and bilateral in 1 (4%). 8 patients were operated on within 48 hours, all experienced an improvement in muscle power with 5 making a complete recovery. 20 patients were operated on after 48 hours, improvement was seen in 15 patients including 6 who made a complete recovery, 3 showed no improvement and 2 were lost at follow-up.

Conclusions: Our study shows that patients who were operated on within 48 hours of the onset of foot drop made a better recovery. However we recognise the limitations of our study such as the small sample size, retrospective analysis and lack of a control.