

Lumbosciatica of Elderly Patients

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ABSTRACT

Objectives: The aim of our work is to assess the clinical, radiological, epidemiological and evolutionary characteristics of lumbosciatic pain in elderly Tunisian patients.

Methods: Retrospective study on 39 patients aged 65 years and over hospitalized in the Rheumatology Department of Mahdia for management of a common lumbosciatica over the last 7 years (2012-2018).

Results: Female predominance was noted with 33 women. The average age was 73.2 years. A triggering factor was only found in 5.1% of cases. The pain was mechanical in 66.6% of cases, mixed in 30.7% of cases and inflammatory in 2.5% of cases. Sciatica was L5 in 66% of cases and S1 in 20.5% of cases. The disease was bilateral in 58.9% of cases and unilateral in 41% of cases. Standard radiography showed a narrowing disc in 71.7% of cases, posterior interapophyseal arthrosis in 23% of cases and a spondylolisthesis in 41% of cases. Bone demineralization was present in 28.2% of cases.

19 patients underwent second-line radiological exploration (CT and / or MRI) showing a narrow lumbar degenerative canal in 38.4% of cases and a discal hernia in 15.38% of cases.

In addition to symptomatic treatment, 76.9% of patients have received epidural infiltrations. None of our patients had any surgical treatment. The short-term outcome was good in 66.6% of cases.

Conclusion: Lumbosciatic pain in older patients has some particularities: The bilaterality, the rarity of a triggering factor. Second-line radiological exploration can eliminate a secondary cause and clarify the mechanism of low back pain.