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## Ozonucleolysis in cervical disc

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**Background & Purpose:** Direct injection of oxygen-ozone in the cervical discs has proved to be the effective alternative to surgery in patients with cervical disc herniation in many countries around the world. We report our experience with ozonucleolysis with patients affected by pain in cervical region (Brachalgia) due to disc herniation including post-operative recurrence or disc prolapse.

**Methods:** 4000 patients were treated with single session of oxygen ozone therapy from 2005-2016. All the patients had CT or MRI evidence of cervical disc prolapse with clinical signs of cervical nerve root compression. The procedure was performed under angio fluoroscopy using 22/23 G spinal needle without any form of anesthesia. All the patients received intra discal injection of oxygen ozone mixture at an ozone concentration 30 µgm/ml. Among 4000 patients, 3000 were males and 1000 were females between the ages of 20-70 yrs. Therapeutic outcome was assessed 5 months after treatment by using modified MacNab method.

**Results:** A satisfactory therapeutic outcome was obtained. 60% of the patients showed complete recovery with resolution of symptoms. 20% of the patients complained of occasional episodic neck pain and arms pain with no limitation of occupational activity. 5% of cases showed insufficient improvement. 5% of cases had no improvement and went for surgery. 10% of cases never turned up after the first visit.

**Conclusion:** Intradiscal and periganglionic injection of ozone for herniated cervical disc has revolutionized percutaneous approach to nerve root diseases making it safer, cheaper and easier to repeat than treatments currently in use.

## Biography

Umair Rashid, first Pakistani obtained high qualification in Intervention Neuropathology by European Board of Neuropathology (ECIINR). He is one of the pioneers in establishing First Brain Stroke Centre in the Country at Lahore General Hospital/ Post-graduate Medical Institute, Lahore. He has also recently introduced latest noninvasive, non-surgical treatment of Backache, Disc Lesions, with Oxygen Ozone Therapy in the Country. He already performed 19000 cases including Cervical & Lumber Spine Discs.

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