

# Minimally Invasive Trans-sacral Approach to L5-S1 Interbody Fusion: Technique and Clinical Results

*W. Bradley<sup>1</sup>, T. Roush<sup>2</sup>, M. Hisey<sup>1</sup>, D. Ohnmeiss<sup>2</sup>*

<sup>1</sup>Texas Back Institute, Denton, TX, United States of America,

<sup>2</sup>Texas Back Institute Research Foundation, Plano, TX, United States of America

**Introduction:** Lumbar interbody fusion has long been used for the treatment of painful degenerative spinal conditions. However, the anterior approach is not indicated in some patients and the posterior approach is associated with potential damage to the musculature and risk of injury to neural structures. A trans-sacral technique was developed that allows access to the L5-S1 disc space. The purpose of this study was to evaluate our initial technical and clinical experience with this trans-sacral lumbosacral interbody fusion technique.