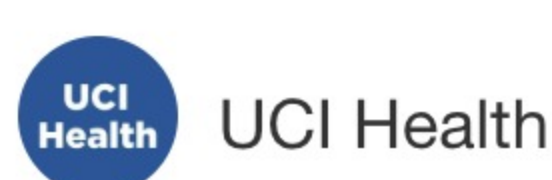


# Prone Lateral Spine Approach Benefits Patients and Surgeons



Prone lateral spine surgery is gaining acceptance among some orthopedic surgeons because it offers an alternative to positioning patients on their side and eliminates the need to move them during complex procedures.



As the latest evolution in minimally invasive approaches to the anterior spine, use of the technique has increased in recent years, largely to treat degenerative conditions.

While some spine specialists prefer to await more data, others like [UCI Health orthopedist Sohaib Z. Hashmi, MD](#), believes the prone lateral approach offers many benefits to patients and surgeons alike.

“The advantages realized have included minimally invasive access for larger interbody preparation, implant placement and fusion surface area while performing single prone position surgery, allowing maximum lordotic alignment and simultaneous access to the anterior and posterior spine,” Hashmi told [Becker’s Spine Review](#).

## Expanding usage and faster recovery

He said the approach has allowed him to perform single-stage surgeries for patients requiring posterior decompression, revision or extension of instrumentation/fusion and deformity correction through osteotomies.

“Additionally, as our instrumentation and techniques have advanced, we are now able to use prone lateral surgery in complex pathology including deformity, trauma and tumor settings and prone lateral corpectomies,” said Hashmi, director of UCI Health spine trauma services.

“These single-stage procedures have allowed my patients to start their postoperative recovery earlier and avoid multiple anesthetic administrations in a short period of time, especially in our geriatric patient population.”

## Training the next generation

The assistant professor at the UCI School of Medicine’s [Department of Orthopaedic Surgery](#) already is sharing his expertise with students.

“As the current generation of spine surgery fellows and trainees continues to have greater exposure to this technique and its workflow, we will see increased use of single-position lateral spine surgery,” he said.

## Greater presence in outpatient settings in near future

Hashmi predicts that as more surgeons develop expertise in the procedure and device companies develop improved instruments and operating platforms over the new several years, the prone lateral approach will be more widely adopted and used even in outpatient surgical centers.

*Excerpted from Becker’s Spine Review [Ask a Spine Surgeon](#) article.*

## About Dr. Hashmi

Dr. Sohaib Z. Hashmi is a dual fellowship-trained orthopaedic spine and trauma surgeon who specializes in the management of cervical, thoracic and lumbosacral spine disorders at UCI Health.

His clinical interests include degenerative diseases of the cervical, thoracic and lumbar spine, scoliosis, flatback syndrome, disc herniation and replacement, spinal stenosis, infections of the spine, traumatic spine injuries, athletic injuries, complex revision spine surgery and reconstructive spine surgery. He uses both open and minimally invasive surgical approaches and works with varied surgical teams to treat trauma patients from the initial injury through recovery.

His current research is focused on orthobiologics and patient-reported outcomes studies in orthopaedic spine and traumatic disorders. He is the author or co-author of more than 40 peer-reviewed publications and book chapters. He has presented his research at national meetings at American Association of Orthopaedic Surgeons, the Orthopaedic Trauma Association, the Orthopaedic Research Society, the Cervical Spine Research Society, the Lumbar Spine Research Society, the North American Spine Society and the Western Orthopaedic Association.

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