

This is Spinal TOPS: Revolutionary joint replacement for worn-out vertebrae curing severe back pain and returning active life - Daily Mail 10th August 2013

The above article looks at the TOPS device, which is carried out by two consultants at the London Spine Clinic. The operation, lumbar facet joint replacement, is only indicated for very special cases. These patients have very severe back pain coming from these joints. The other structures in the spine must be relatively healthy. Most patients have difficulty in walking and bending backwards. This is not a solution for patients with osteoporosis, nor a solution for patients with leg pain - sciatica.

Facet Joints

The facet joints are small pairs of joints at the back of the spine. They join the two vertebrae together. Some people develop inflammation of the joints and degeneration, this can cause very severe back pain. The TOPS procedure removes these painful joints in a mobile system, the screws into the vertebrae above and below. The TOPS does NOT replace the 'worn-out vertebrae' as the vertebrae are needed to secure the system in place.

TOPS and London Spine Clinic

17 patients in total have had the TOPS procedure. It is a major spinal operation, with an average length stay of 7-10 days in hospital. The patients have been carefully selected, to ensure they meet the full criteria for the procedure, it can improve patients quality of life greatly.

We are happy to see all patients who feel they fall into this category, with an appropriate referral from the GP. If you have had images taken of your spine (MRI/CT/X-RAY) please bring them with you to your appointment.

To make an appointment:

Mr Sutcliffe
0207 616 7720 Option 1

Mr Plev
0207 616 7720 Option 2

For further information regarding TOPS prior to your appointment please call Sian our Spinal Practice Nurse on 07860 756 267.