

ANALISIS FAKTOR RISIKO YANG BERHUBUNGAN DENGAN DERAJAT STENOSIS FORAMINA NEURALIS LUMBAL BERDASARKAN MODALITAS MRI

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ABSTRAK

Latar Belakang : Lumbar Spinal Stenosis (LSS) merupakan masalah umum pada tulang belakang yang menyebabkan nyeri di punggung bagian bawah atau ekstremitas bawah. Ini disebabkan oleh penyempitan ruang yang mengandung saraf dan pembuluh darah di vertebra lumbal, yang dapat terjadi di kanalis sentralis, stenosis recessus lateralis, dan foramina neuralis. Meskipun banyak penelitian telah dilakukan mengenai faktor risiko LSS secara umum, penelitian yang spesifik tentang faktor risiko stenosis foramina neuralis lumbal masih terbatas.

Tujuan : Untuk mengetahui hubungan usia, jenis kelamin, hipertrofi sendi facet, hipertrofi ligamentum flavum, derajat HNP dan level foramina dengan derajat keparahan stenosis foramina neuralis. serta faktor yang dominan berpengaruh terhadap derajat keparahan stenosis foramina neuralis lumbal.

Metode : Penelitian ini menggunakan metode cross sectional retrospective. Sampel dalam penelitian pasien yang terdiagnosis LSS berdasarkan pemeriksaan MRI di RSUP Dr. Kariadi Semarang dengan sampel sejumlah 60 subjek.

Hasil : Berdasarkan penelitian, hipertrofi sendi facet, hipertrofi ligamentum flavum serta derajat HNP memiliki hubungan yang signifikan terhadap derajat stenosis foramina neuralis lumbal. Usia, jenis kelamin dan level foramina tidak berpengaruh terhadap derajat stenosis foramina neuralis lumbal. Faktor yang dominan berpengaruh terhadap derajat keparahan stenosis foramina neuralis lumbal adalah hipertrofi ligamentum flavum.

Kata Kunci : Faktor risiko, stenosis foramina neuralis lumbal, LSS, derajat, MRI.

ANALYSIS OF RISK FACTORS ASSOCIATED WITH THE DEGREE OF LUMBAR NEURAL FORAMINA STENOSIS BASED ON MRI MODALITIES

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ABSTRACT

Background: Lumbar Spinal Stenosis (LSS) is a common spinal problem that causes pain in the lower back or lower extremities. It is caused by a narrowing of the space containing nerves and blood vessels in the lumbar vertebrae, which can occur at the canalis centralis, recessus lateralis stenosis, and foramina neuralis. Although many studies have been conducted regarding risk factors for LSS in general, studies specific to risk factors for lumbar neural foramina stenosis are limited.

Objective: To determine the relationship between age, gender, facet joint hypertrophy, ligamentum flavum hypertrophy, degree of HNP at the foramina and to determine the dominant factor in the severity of neural foramina stenosis. level with the severity of neural foramina stenosis

Methods: This study used a retrospective cross sectional method. Samples in the study of patients diagnosed with LSS based on MRI examination at Dr. Kariadi Hospital Semarang with 60 subjects sample.

Results : Based on the study, facet joint hypertrophy, ligamentum flavum hypertrophy and the degree of HNP have a significant relationship with the degree of stenosis of the lumbar neural foramina. While age, gender and foramina level have no effect on the degree of lumbar neural foramina stenosis. The dominant factor affecting the severity of lumbar foramina neuralis stenosis is hypertrophy of the ligamentum flavum.

Keywords: Risk factors, lumbar neural foramina stenosis, grade, MRI.