



# Radiofrequency Nucleolysis for Low Back Pain. Effectiveness & Safety

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## OBJECTIVE

To evaluate effectiveness & safety of radiofrequency nucleolysis (RF-NL) in the treatment of discogenic Low Back Pain

## METHODS

- Systematic review and Metanalysis
- Subgroups metanalysis by Pulsed and Non-Pulsed Radiofrequency



### Population

- People with low back pain



### Intervention

- Radiofrequency nucleolysis



### Comparator:

- Nucleolysis performed by other techniques

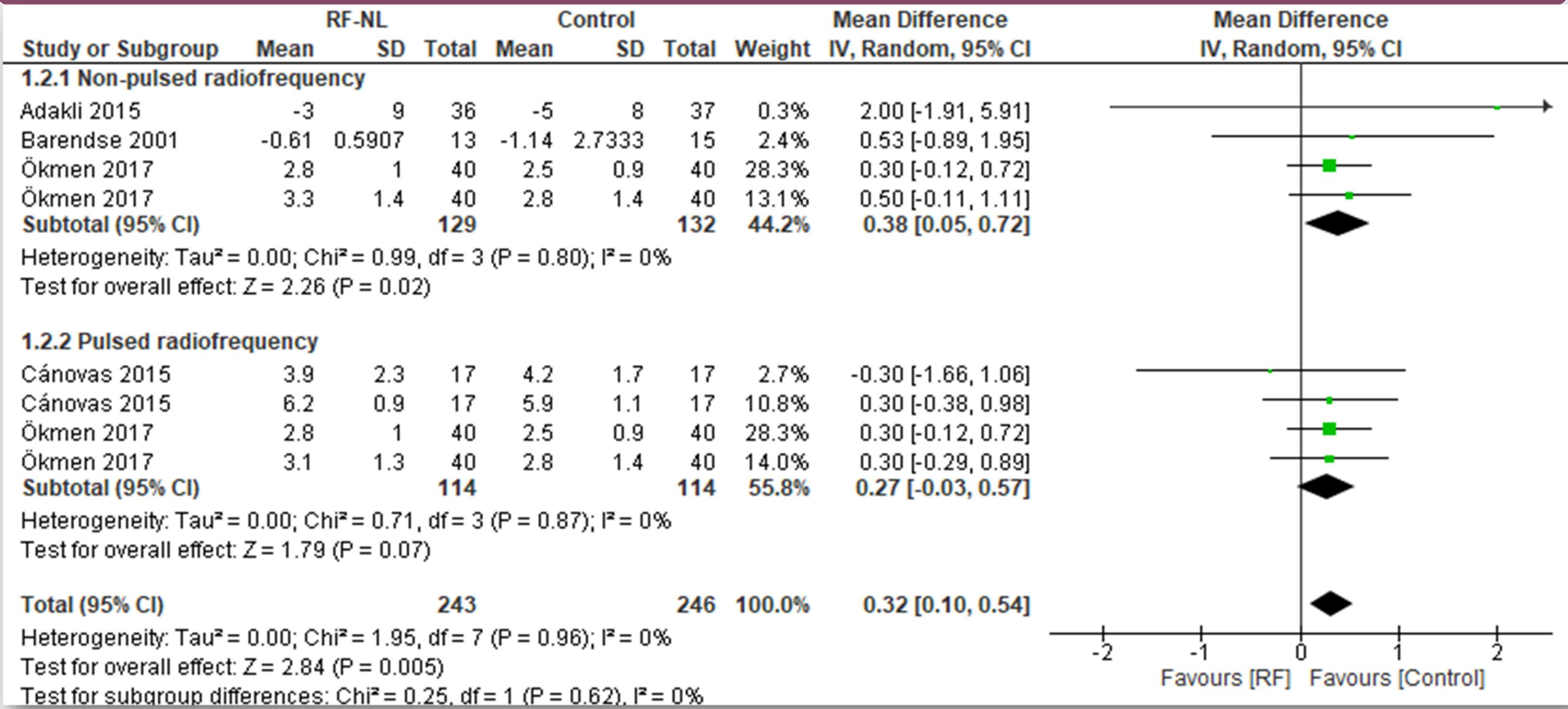


### Outcomes

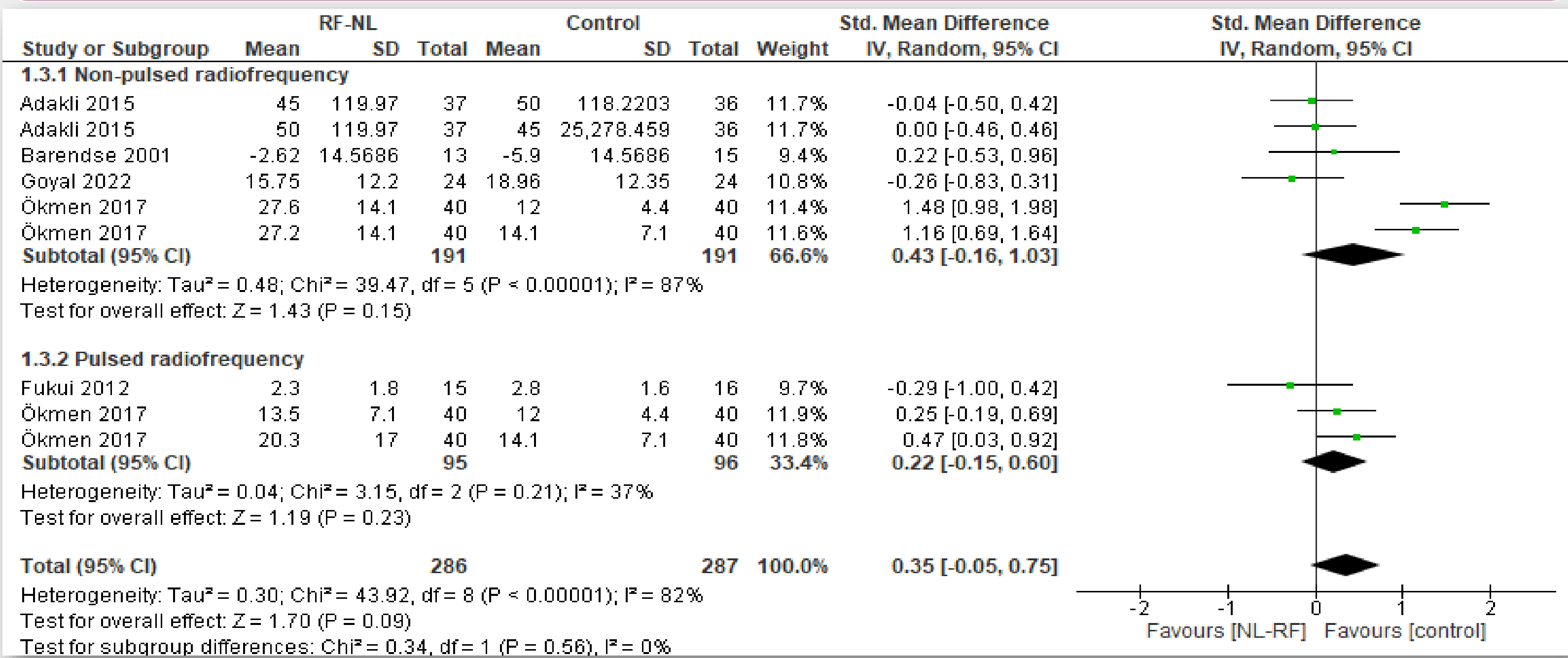
- Pain, disability & adverse events

## RESULTS

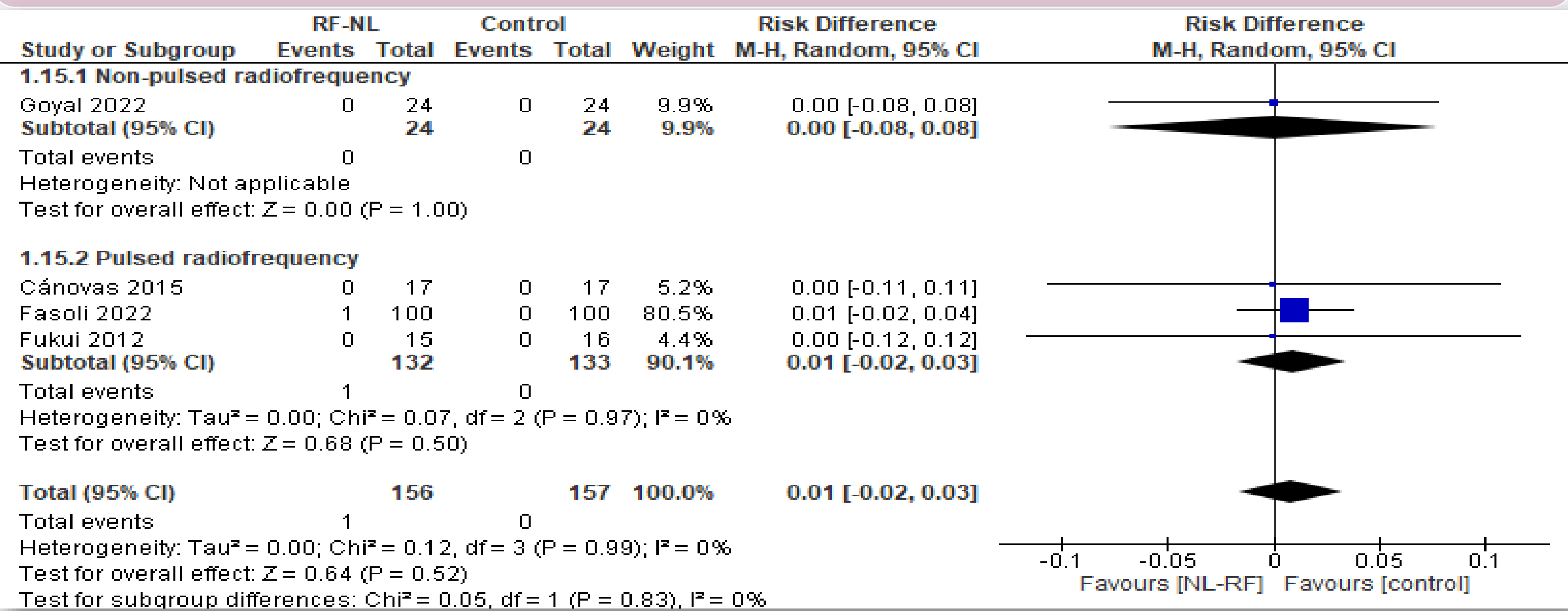
### Pain: change in VAS (Visual Analogue Scale)



### Disability improvement



### Adverse events



Identified references:

595

Duplicated: 33

Duplicate-free references:

562

Excluded by title/abstract: 513

Included by title/abstract:

49

8 included references:

7 studies:

- 4 RCTs
- 3 Retrospectives
- 1 NICE guideline

41 references excluded:

- 18 Do not evaluate radiofrequency nucleolysis
- 12 None/ Inappropriate comparator
- 4 No results.
- 3 Wrong study design
- 2 Duplicates
- 1 Language not included
- 1 Outdated guideline

## CONCLUSIONS

RF-NL has not been shown to be inferior to NL performed using other techniques

Non-pulsed RF-NL may be worse than its comparators in terms of pain improvement measured by VAS

The safety profile of RF-NL is similar to that of its comparators



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