

Rousing R, Anderssen MO, et al. Percutaneous Vertebroplasty Compared to Conservative Treatment in Patients With Painful Acute or Subacute Osteoporotic Vertebral Fractures Three-Months Follow-up in a Clinical Randomized Study. Spine 2009;34:1349–1354.

Rousing R, Hansen KL, et al. Twelve-Months Follow-up in Forty-Nine Patients With Acute/Semiacute Osteoporotic Vertebral Fractures Treated Conservatively or With Percutaneous Vertebroplasty A Clinical Randomized Study. Spine 2010;35: 478–482.

Design: Randomized clinical trials.

Summary of results:

- 49 patients were randomized to fluoroscopically guided vertebroplasty (n=25) or conservative therapy (n=24) at a university spine center in Denmark
- Patients who received vertebroplasty had pain relief within 12 to 24 hours after the procedure
- At 3 months and again at 12 months vertebroplasty was comparable to conservative care for pain relief and quality of life
- Some cement leaks occurred with vertebroplasty but no complications were reported

Reasons for exclusion as evidence:

- The study is small and several patients appear to have had missing pain values at baseline, further compromising and eroding the already small sample size
- There is essentially no description of the control intervention; it appears to have been done in the hospital with brace treatment, pain medication, and general mobilizing physiotherapy; the number of participants receiving the interventions, the dose and type of medication, and the number of treatment sessions is not described

Assessment: Inadequate for evidence concerning the effectiveness of vertebroplasty (too much essential information is missing; the journal editors appear not to have required the authors to follow even the basic CONSORT reporting standards for clinical trials)