

Special Issue

Minimally Invasive Spinal Treatment (MIST)—a New Concept in the Treatment of Spinal Diseases

Message from the Guest Editors

Due to an aging population and the needs of patients with spinal disorders, minimally invasive surgery (MIS) techniques are gaining popularity. MIS is a widely developing field that has the potential to decrease surgical risks and improve recovery compared with traditional open spinal surgery. MIS was initially applied for indications of spinal decompression surgeries, with specific examples being microendoscopic discectomy (MED) and full-endoscopic surgery (FES). Although MIS procedures provide many advantages, they are associated with several problems and limitations. These downsides of surgical treatments make conservative treatments a more feasible option. The field has seen advancements in pharmacological treatments, biologics, and rehabilitation therapy. The concept of such a treatment strategy has been recently proposed as “minimally invasive spinal treatment (MIST)”.

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