



medicina



an Open Access Journal by MDPI

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

Guest Editors:

Dr. Ken Ishii

Prof. Dr. Yoshihisa Kotani

Prof. Dr. Hisashi Koga

Deadline for manuscript
submissions:

closed (31 July 2022)

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)”.



mdpi.com/si/90813

Special Issue



medicina



an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Edgaras Stankevičius

Medical Academy, Lithuanian
University of Health Sciences,
Kaunas, Lithuania

Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Medicina* (ISSN: 1648-9144). *Medicina* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on medicine. The scientific community and the general public can access the content free of charge as soon as it is published.

Author Benefits

Open Access: free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

High Visibility: indexed within [Scopus](#), [SCIE \(Web of Science\)](#), [PubMed](#), [MEDLINE](#), [PMC](#), and [other databases](#).

Journal Rank: CiteScore - Q2 (*General Medicine*)

Contact Us

Medicina Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/medicina
medicina@mdpi.com