

Spinal Surgeries

The most common spine surgeries are explained below. Your surgeon will describe your individual procedure to you in detail.

Discectomy- This procedure is for removal of herniated or extruding fragments of the disc that compress nerves causing pain or disability. Your surgeon removes the disc herniation to relieve pressure on the nerves, which helps to relieve pain.

Decompression- Degeneration of the spine can cause the spaces (foramen) where the nerves leave the spinal canal to become smaller, and can cause pain. To relieve this pain, your surgeon removes the bone and disc causing the compression. The goal is to free the nerves and relieve pain.

Spinal Fusion- A spinal fusion is performed to treat spines that have become unstable from injury or degeneration or maybe performed to correct spinal curvature. The fusion occurs when a bone graft is placed at the area of weakness, injury or curvature. The bone graft may be obtained from a bone bank, from an area around you hip or from a synthetic form "BMP". Your surgeon will discuss this with you. Solid fusion may take six to twenty four months. Spinal fusions are done either from the front (anterior), the back (posterior), the side (lateral) or a combination.

Kyphoplasty- This procedure is used to treat vertebral compression fractures. This is a minimally invasive procedure in which a balloon gently restores the vertebrae's correct position then fills the space in with bone cement to support it.

Disc Replacement- This is a procedure where an artificial disc is used to replace a diseased or damaged disc with the goal of keeping your normal spinal motion.

X-Stop- This procedure inserts a decompressive device that is used to limit extension of the spine in a specific area which will relieve the symptoms of lumbar stenosis.