

CERVICAL DISC REPLACEMENT

What is a cervical disc replacement?

A disc replacement is a procedure whereby an injured disc is removed through minimally invasive techniques and a mobile device is implanted in its place.

Indications

In general, cervical disc replacements are most appropriate for patients with cervical disc herniations in the setting of normal alignment and little to no degenerative disc disease at other levels.



What are the symptoms of cervical disc herniations?

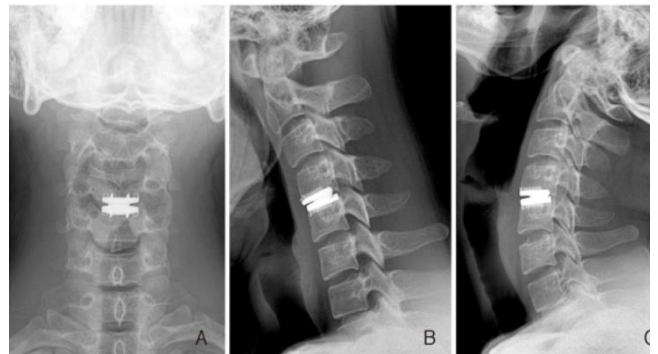
Most patients experience neck pain radiating down one or both arms with associated numbness, tingling, or weakness.

How does a cervical disc replacement treat the symptoms of a disc herniation?

When the injured disc is removed, neck pain is relieved from removing the painful disc and arm symptoms are improved from relieving pressure on the nerves.

What are the advantages of cervical disc replacement over a traditional cervical fusion (ACDF)?

Mobile cervical disc replacements preserve biomechanics allowing for preserved flexibility and motion. This decreases stress on the levels above and below the disc replacement, theoretically reducing the rate at which those discs wear out and potentially reduce the need for additional surgeries. However, in the setting of too much degeneration of the parts of the spine that allow for motion (for instance the facet joints), a cervical disc replacement may not be the best option because part of the spine causing pain will not have been treated. Cervical disc replacement candidates must be carefully selected but in the right patient are highly effective.



To learn more about cervical disc replacement surgery, visit MISCOE.org or [click here](#) for an information packet and [here](#) for examples of actual surgery on our YouTube page.

