

ACDF or ACDA

anterior cervical discectomy and fusion/arthroplasty

Herniated discs, bone spurs or anything pushing on a nerve or spinal cord can be removed from the front side of the neck.

The front side of the neck is called the anterior side. Most of the time this is the preferred approach, and the final decision in that regard should be between patient and surgeon. When discs or bone spurs are removed, a small piece of donor bone is inserted in the place where the disc or spurs were removed. Finally, a small plate and screws are installed to help keep things together until the actual fusion takes place between the vertebra