

Lumbar Artificial Disk Replacement

What is lumbar artificial disk replacement?

Lumbar artificial disk replacement (ADR) is the process of joining selected bones in the back, or lumbar spine, by using an artificial disk, replacing the patient's original damaged one. Dr. Paul uses an anterior approach during this procedure.

Who is a candidate for Lumbar ADR?

You may be a candidate for this procedure if:

- You suffer from an injury to your neck as a result of an automobile or work accident.
- You have a herniated disk.
- You suffer from spinal cord compression.
- You have been diagnosed with degenerative disc disease.
- You suffer from arthritis, resulting in spinal stenosis.

How does the procedure work?

Beginning surgery, Dr. Paul makes an incision in the abdomen. A general surgeon is present during surgery to assist Dr. Paul in exposing the spine anteriorly. He enters the space through this incision and then removes the damaged disk and any bone spurs, fragments, etc. He then inserts the artificial disk.

What happens after surgery?

After surgery, the patient receives a brace, to help stabilize the back after surgery. Some patients undergo physical therapy to help with their range of motion and to simplify the recovery process. During the healing process, Dr. Paul tracks patient progress with periodic x-rays as well.

What is the difference between lumbar spine fusion and lumbar ADR?

Lumbar ADR is used to continually maintain a patient's range of motion and the rest of their spine. Also, lumbar ADR helps to prevent adjacent segment disease. Typically, the recovery process is quicker with lumbar ADR as well. However, lumbar ADR can be

done for one spinal level only. Lumbar spine fusion can be done for multiple levels, depending on the severity of the diagnosis.

****For more information about Lumbar Artificial Disk Replacement, please consult our office. Dr. Paul and his staff would be happy to answer any questions you may have. ****