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These instructions are provided by
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for his patients. It will vary for each surgeon.

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ADVICE FOR PATIENTS UNDERGOING

MINIMALLY INVASIVE CERVICAL MICRODISCECTOMY AND LAMINECTOMY SURGERY

Dr. G. Balamurali

DISCLAIMER

This information pack aims to provide you with the answers to commonly asked questions about spine surgery.

This leaflet provides basic information and is a general guide. Your care may differ from the information here. This will depend on your specific case which will be guided by your surgeon.

In all cases, a doctor will explain the type of operation and procedure to you prior to surgery and will answer any questions you may have. You will then have to sign a consent form to say that you understand the procedure and any risks that may be involved. Following your surgery, doctors, nurses and physiotherapists will be available to answer any new questions you may have.

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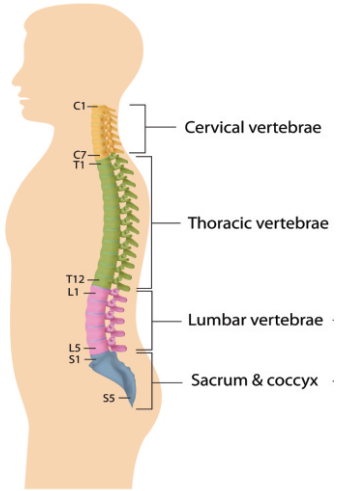
KNOW YOUR SPINE

Spine is made up of vertebrae, discs, spinal cord & nerves, ligaments& muscles.



1. VERTEBRAE

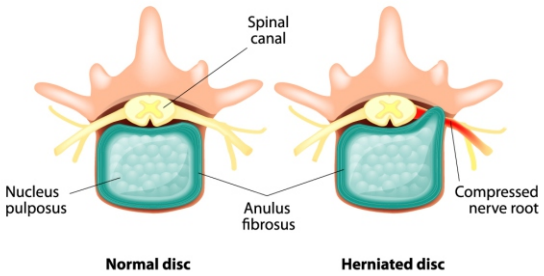
The spine is composed of 33 bones called vertebrae, which provide support for the body. These bones forming the vertebral column protects the spinal cord and nerves

2. INTERVERTEBRAL DISC

Between each vertebra, there is an intervertebral disc. These discs are "shock absorbers" for the pressure put upon our spine. The intervertebral disc is made up of two different parts:

- Annulus - an outer ring of fibers
- Nucleus - the center

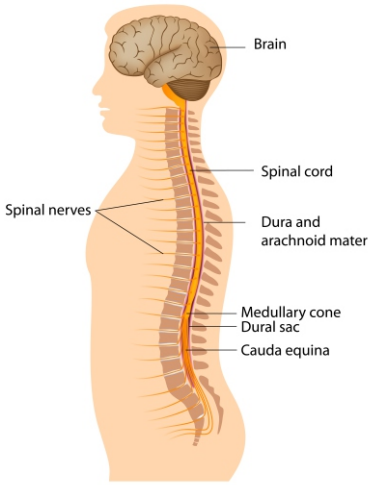
TOP VIEWS OF VERTEBRAE

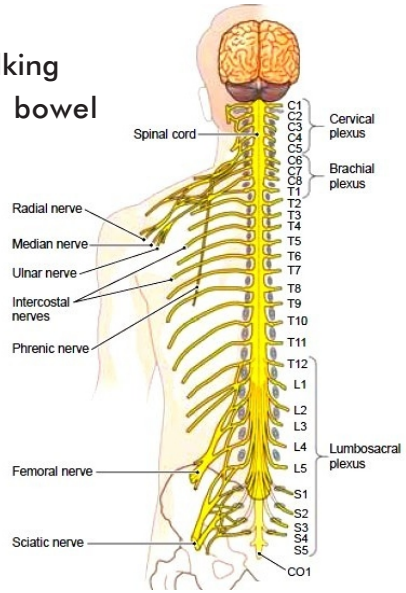


3. SPINAL CORD & NERVES

The spinal cord extends from brain and runs through cervical and thoracic spine and ends at the upper part of lumbar spine. It has three main functions through nerves:

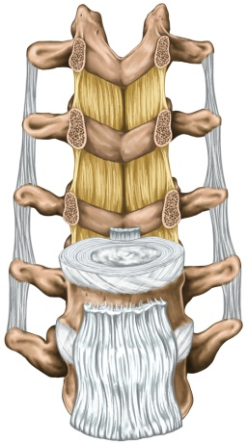
1. Power and movement of the extremities
2. Perceive sensation
3. Co-ordinates movements and walking
4. Controls urinary bladder and bowel movements



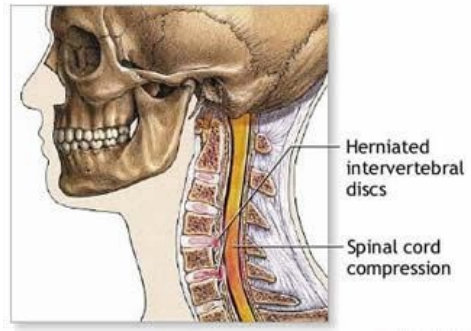


4. LIGAMENTS & MUSCLES

The system of ligaments in the vertebral column, combined with the tendons and muscles, provides a natural brace that aids in joint stability during rest and movement and help prevent injury from hyperextension and hyper flexion (excessive movements).



REASONS FOR CERVICAL SPINAL SURGERY

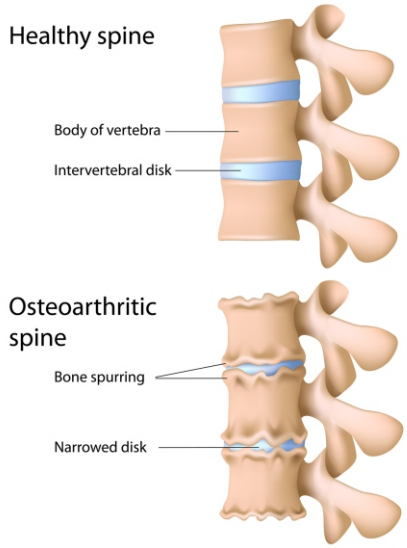


1. DISC HERNIATION

Disc herniation occurs when the outer lining of the disc tears and its centre leaks out. This presses the spinal nerve against the surface of the vertebra. This can happen as a result of 'wear and tear' or due to trauma

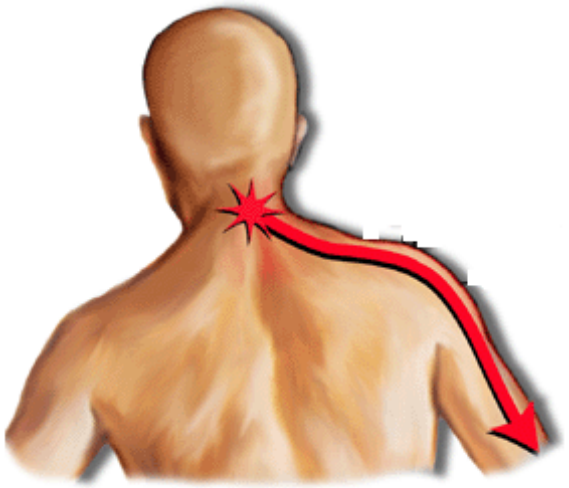
4. BONE SPUR

Chronic degeneration causes excess bone growth forming spurs. This compress the nerve roots going to the arm, causing pain.



WHAT DOES PROLAPSED DISC OR BONE SPURS CAUSE?

Shooting pain in the upper limbs as shown in the picture. You may also get pain in shoulder, neck, back and headache. The symptoms are mainly due to pressure on the nerve roots, There may be weakness, numbness over arm or hand and with some tingling sensation going down the fingers.



pain radiating to arm

2. CERVICAL CANAL STENOSIS

Degenerative changes in joints, ligaments and disc can lead to narrowing of canal, thus exerting pressure on the spinal cord. This will affect the upper and lower part of the body.

Cervical Spinal Stenosis

3. CERVICAL MYELOPATHY

In this condition due to wear and tear there may be damage to the spinal cord from m disc bulges at several levels along with ligament and bony compression. All or most of the symptoms mentioned above will be present. It needs immediate attention.

SYMPTOMS

The symptoms of cervical spinal stenosis may include the following:

- Neck pain; not always severe.
- Pain, weakness, or numbness in the shoulders, arms, and legs.
- Hand clumsiness.
- Gait and balance disturbances.
- Burning sensations, tingling, and pins and needles in the involved extremity, such as the arm or leg.
- In severe cases, bladder and bowel problems.
- Although rare, severe cases can also cause significant loss of function or even paralysis.