

Spine Treatment Q & A

When should I talk to a doctor about spine pain?

While some back pain is common, it should not interfere with your ability to move or participate in your regular activities. If you are experiencing this, you should make an appointment at Ascension Michigan Orthopaedics-Rochester for a diagnosis. Our team provides customized spine treatment plans to relieve your symptoms and help heal your back.

What are the available spine treatments?

Ascension Michigan Orthopaedics-Rochester's team provides a variety of spine treatments to address common back problems. Some of these spine treatments include:

Anterior cervical discectomy and fusion: Anterior cervical discectomy and fusion is a procedure to remove a herniated or damaged disc from your cervical (neck) spine. It reduces pain, stiffness, and mobility problems by preventing your vertebrae from grinding against each other.

Artificial cervical disc replacement: Artificial cervical disc replacement is the process of removing a damaged disc from your cervical spine and replacing it with an artificial disc to cushion your vertebrae and absorb shock. The procedure also reduces pressure on your spinal cord and peripheral nerves to relieve pain.

Kyphoplasty: Kyphoplasty is a minimally invasive procedure to repair compression fractures in your spine. Your doctor uses a surgical balloon to expand the compressed vertebra before filling it with special bone cement.

Laminectomy: A laminectomy is a surgical procedure to treat spinal stenosis. During the operation, your surgeon removes part of your lamina to enlarge your spinal canal and reduce nerve compression. Depending on your specific needs, they may also remove parts of herniated discs or repair other conditions that contribute to spinal stenosis.

Lumbar disc microsurgery: If you have a herniated disc in your lumbar spine, your orthopaedic surgeon may recommend lumbar disc microsurgery to remove the herniated portion of a disc. The procedure alleviates nerve compression and reduces symptoms, including pain, numbness, and weakness in your back, buttocks, and legs.

Transforaminal lumbar interbody fusion (TLIF): During a TLIF procedure, your doctor fuses the front (anterior) and back (posterior) columns of your spine using bone grafts or surgical pins and screws. Your doctor may recommend this procedure to address conditions like recurrent disc herniation, degenerative disc disease, or spondylolisthesis.

How do I know which spine treatment is right for me?

Our highly-experienced team at Ascension Michigan Orthopaedics-Rochester provide detailed physical exams, including lab tests, X-rays, and MRIs, to help diagnose the cause of your back pain. They may try noninvasive spine treatments such as spinal injections and physical therapy before recommending surgery.