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Limiting fusion levels by combining anterior cervical decompression and fusion with posterior laminectomy: Technical note

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Abstract

Background: Authors aim to report on the outcomes of combining selective anterior cervical decompression and fusion (ACDF) with laminectomy in patients with cervical spondylotic radiculomyelopathy (CSR).

Methods: 10 patients with ACDF and posterior laminectomy reviewed.

Results: 60% female population, mean age 61 ± 3 years, mean BMI 24.7 ± 3.4 kg/m^2. VAS and NDI showed significant improvement, $p < 0.001$, $p = 0.02$ respectively. Mean PCS 31.9 ± 2.7, MCS 38.9 ± 3.4 improved to mean PCS 42.2 ± 5.1, MCS 51.0 ± 4.7, $p = 0.09$ and 0.06 respectively. At final follow up fusion rate was 90% and all patients had Nurick Grade 0.

Conclusion: In this pilot study, procedure shown to be safe with improved symptoms.

Keywords: Anterior cervical decompression (discectomy) and fusion (ACDF); Cervical myeloradiculopathy; Multi-level spinal stenosis; Posterior laminectomy.

Figures

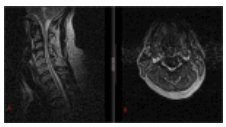

Fig. 1 MRI demonstrating cervical spondylotic radiculomyelopathy...

Fig. 2 X-ray showing postoperative ACDF and...

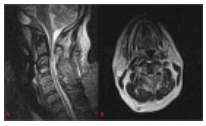

Fig. 3 MRI demonstrating improvement of CSR...

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