

Anterior cervical discectomy and fusion indications

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Anterior and posterior approaches are widely employed in DCM when compressive elements predominate in the anterior or posterior spinal cord, respectively. Indications for each approach remain controversial in some contexts.

[Anterior cervical discectomy](#) and [fusion](#) (ACDF), without and with [cervical plate](#) (ACDF+CP) are accepted surgical techniques for the treatment of degenerative cervical disc disorder. and [cervical laminoplasty](#) (LP) are the most commonly performed procedures for degenerative [cervical spondylosis](#).^{1) 2)}

[Interbody fusion](#) is performed with [bone grafts](#) or [interbody cages](#), and may be supplemented with [anterior cervical plates](#).

A study demonstrates that 3- and 4-level ACDF can potentially be performed safely on an outpatient basis, allowing patients to spend less time in the hospital³⁾.

Once conservative treatment for [cervical radiculopathy](#), [cervical spondylotic myelopathy](#), or both, has failed, surgical intervention is indicated⁴⁾.

It has been shown that ACDF induces biomechanical changes leading to modifications of intradiscal pressure pressure recordings in the cervical spine^{5) 6) 7)} and to increased stress and motion of vertebral segments adjacent to the fused ones.

see [Anterior cervical discectomy and fusion for cervical spondylotic myelopathy](#).

1)

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