

Cervical disc herniation outcome

The surgical outcomes of CDH have been reported to be successful in terms of clinical and radiological measures ¹⁾ ²⁾.

Decreased disk height, percentage of herniated nucleus pulposus HNP in the spinal canal, or presence of signal intensity change in the spinal cord seem to be the important risk factors for motor weakness in patients with cervical disk herniation. Moreover, the presence of signal intensity change in the spinal cord seems to be an important risk factor for delayed recovery ³⁾.

The better long-term results with the posterior operation might be due to the more complete opening of the foramen for neural decompression at the time of the operation and thereafter ⁴⁾.

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