

# Lumbar foraminotomy

see also [Endoscopic lumbar foraminotomy](#).

**Operation** used to relieve pressure on nerves that are being compressed by the [intervertebral foramina](#).

A foraminotomy is performed to relieve the symptoms of [nerve root compression](#) in cases where the foramen is being compressed by bone, disc, scar tissue, or excessive ligament development and results in a pinched nerve.

The procedure is often performed as a [minimally invasive](#) procedure in which an incision is made in the back, the muscle peeled away to reveal the bone underneath, and a small hole cut into the vertebra itself. Through this hole, using an arthroscope, the foramen can be visualized, and the impinging bone or disk material removed.

## Video

```
<html><iframe width="560" height="315" src="https://www.youtube.com/embed/jqa61HSpzIA"
frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture"
allowfullscreen></iframe></html>
```

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