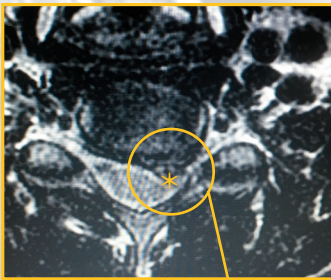


# WESTERN SPINE INSTITUTE

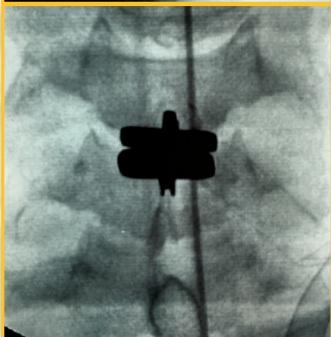
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\*C 5-6 left paracentral disc herniation



## Cervical Disc Arthroplasty

*A 38-year-old male presented with worsening neck pain and left arm symptoms which began two years ago when he was lifting approximately 140 pounds to shoulder level. The symptoms progressively worsened to the point where the last couple of months the neck pain has significantly limited his neck motion and activity. He has constant pain, numbness and tingling extending out his left arm to the hand.*

### Exam:

His examination was significant for neck pain, limited neck ROM and a positive Spurling's on the left (neural impingement symptoms with neck extension/lateral rotation). Paresthesias of the left arm to the thumb, IF, MF.

MRI of the cervical spine revealed a C 5-6 left paracentral disc herniation with deformation of the spinal cord and neural impingement of the exiting left C6 nerve root.

### Treatment:

Treatment of surgical intervention was discussed given the progression of symptoms and neural involvement. Given the patients relatively younger age and lack of significant degenerative changes the option of cervical disc arthroplasty was discussed.

The patient was in favor of this option and a C5-6 disc arthroplasty was successfully performed. The patient experienced complete relief of previous symptoms and after a short period of light duty restrictions was back to regular function and activity and at 8 years postoperative continues to do well.

### Discussion:

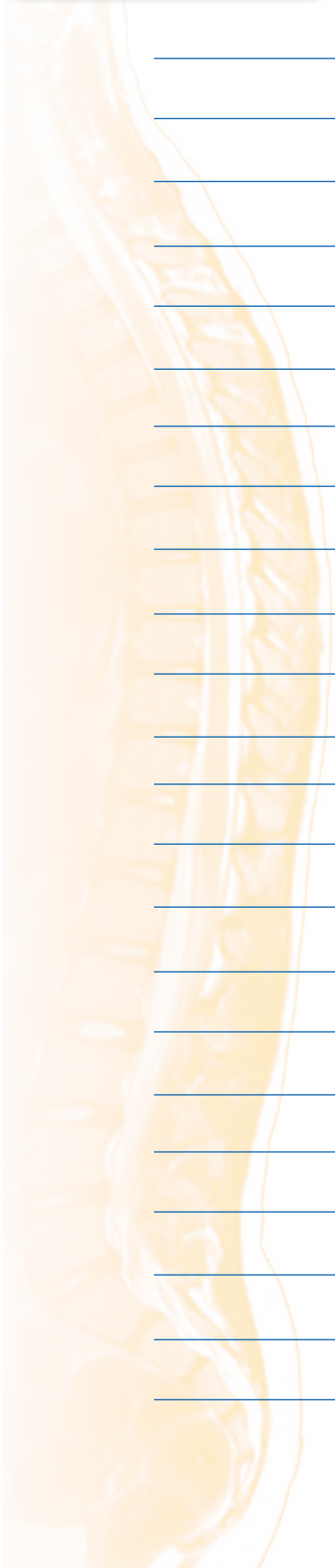
Cervical Disc Arthroplasty is a procedure implementing a motion preserving device and has demonstrated very favorable outcomes in the appropriate patients. Typical patients are relatively young and therefore usually do not have significant degenerative changes or instability which are contraindications for an cervical disc replacement.



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