

WHAT ARE THE DIFFERENT KINDS OF SURGICAL PROCEDURES FOR BACK PAIN?

Back pain can be classified into lower back pain, middle back pain, upper back pain, or low back pain with sciatica. Additionally, Nerve and muscular problems, degenerative disc disease, and arthritis can appear in back pain. Mild to moderate back pain symptoms may be relieved with painkillers.

Back Pain Symptoms:

Since the problem is very common, it is likely that most people have gone through back pain sometime in their lives. There are numerous causes of back pain such as accidents, muscle strains, and sports injuries. It can be generated due to a lifetime of bad habits. If the pain is severe and is not controllable with non-surgical treatment, consult at [Back Center](#) for surgical treatments.



Surgery for Lower Back Pain:

Professionals may recommend surgery for lower back pain if it does not get better after six to twelve weeks with non-surgical treatment options. It is always the patient whose decision

matters in such a case because rarely, doctors recommend surgical treatments for low back pain. Visit **Back Center Nj** to relieve chronic pain.

How to diagnose?

If the patient's symptoms are fit with a significant cause in the clinical and radiographic images including MRI scan, CT scan myelogram, or discography, only then doctors will recommend surgical options for the back pain treatment. There are some of the surgical treatments at [Back Center New Jersey](#) are given below:

Surgical procedures for back pain:

Laminectomy:

It is one of the surgical procedures used to eliminate parts of the vertebral bone, known as the lamina. It is the back part of a vertebra that houses your spinal canal. Moreover, it helps relieve pressure on the nerves. This procedure is minimally invasive and consists of only tiny incisions to force aside the back muscles instead of cutting into them. There is no damage caused to the portions of vertebrae that are next to the lamina.



Foraminotomy:

The surgeon cuts away bone at the sides of the vertebrae to create a gap for the nerve roots exiting the spine while performing this procedure. It is done to relieve the pressure on the nerves so that patients can get relief from the agonizing pain. Sometimes this procedure may

cause a reduction in the stability of the spine. And to correct such kinds of issues, surgeons perform a spinal fusion at the same time.

Discectomy:

The spinal disc functions as a pad to distribute the vertebrae. It may become swollen due to bulging or slipped discs causing pressure on a spinal nerve leading to back pain. During this procedure, surgeons eliminate all or part of the herniated lumbar disc. The procedure may consist of either a large or small incision with the help of micro tools from outside, also known as microdiscectomy. It utilizes a special microscope to magnify the view of the discs and nerves and thus, needs a tiny incision that may cause little tissue damage. Sometimes, a discectomy can form a part of bigger surgery including laminectomy, foraminotomy, or spinal fusion.

Spinal fusion:

Spinal fusion is perhaps the most widely recognized careful alternative for back pain, where mechanical back pain can't be treated with forceful traditionalist treatment, exercise, and reinforcing physiotherapy for the spinal muscles and tendons.

Other than that, disc replacement can be performed by the surgeon. It is used to eliminate a damaged spinal disc replacing it with an artificial disc to allow the motion of the spine without any break.

If you have gone through any accident causing severe back pain, opt for any one of the surgical treatments after your surgeons' recommendations.