



THE SPINE CENTER

A center of excellence in spinal health & total wellness

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For decades, the traditional approach to treating pain and/or disability from an injured spinal disc was to fuse the vertebra with invasive plates, metal rods and screws. While this type of repair helps to relieve pain, it also stops the motion of the impacted disc(s) and inhibits mobility and flexibility.

A newer surgical option is artificial disc replacement. The surgery involves removing the damaged or ruptured spinal cartilage disc and replacing it with an artificial disc made of plastic, metal and polyethylene. The procedure is similar in theory to artificial hip, knee, and shoulder joints that orthopedic surgeons have been using for more than 35 years to maintain motion and relieve pain. An artificial disc replacement acts like a new spinal joint. Its motion is very similar to the discs you were born with and is designed to rotate and bend just like your natural spinal disc. The artificial disc gives patients up to 10 degrees of lateral bend and 10 degrees of flexion and extension as well as rotation at the joint, which is not the case after a fusion.

The advantages of the artificial cervical disc over a fusion include:

- Maintaining normal neck motion
- Reducing degeneration of adjacent segments of the cervical spine
- Eliminating the need for a bone graft
- Early post-operative neck motion
- Faster return to normal activity

Dr. Theofilos is among a field of 20 top neuro and orthopedic surgeons in the U.S. chosen to participate in the groundbreaking Artificial Disc Study, which compares the clinical outcome of disc replacement versus traditional spinal fusion. To see if this procedure is right for you, call The Spine Center today.