



Regd. No.3095/DMC
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Senior Consultant & Chairman Department of Ortho Spine Surgery
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Artificial Disc Replacement Spine Procedure

Welcome to Sir Gangaram Hospital, where advanced spine care is accessible to everyone, whether you live in a bustling city or a peaceful rural area. Under the expert guidance of **Dr. Shankar Acharya**, a senior consultant and spine surgeon with over 30 years of experience, we offer state-of-the-art treatments to help you live a pain-free life.

What is Artificial Disc Replacement?

Artificial Disc Replacement (ADR) is a surgical procedure where a damaged disc in the spine is replaced with a **synthetic disc**. This procedure is an alternative to spinal fusion and is designed to relieve pain while preserving normal movement in the spine.

When is Artificial Disc Replacement Needed?

This procedure is recommended for patients with:

- **Chronic Neck or Lower Back Pain:** Caused by a damaged or degenerated disc.
- **Herniated Disc:** When a disc presses on nearby nerves.
- **Failed Non-Surgical Treatments:** Such as medications, physical therapy, or injections.

It is most commonly performed in the cervical (neck) or lumbar (lower back) spine.

Benefits of Artificial Disc Replacement

1. **Preserves Mobility:** Unlike fusion surgery, ADR allows the spine to move naturally.
2. **Relieves Pain:** Eases chronic pain caused by damaged discs.
3. **Faster Recovery:** Patients typically recover more quickly compared to traditional spinal fusion.



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4. **Reduced Risk of Future Issues:** Prevents additional stress on other parts of the spine.

How is the Procedure Performed?

1. **Pre-Surgical Preparation:**

- Imaging tests like X-rays, CT scans, or MRIs are done to assess the damaged disc.
- A thorough medical evaluation ensures you're fit for surgery.

2. **During the Surgery:**

- The procedure is done under general anesthesia.
- The surgeon carefully removes the damaged disc and replaces it with an artificial disc made of durable materials like metal and plastic.
- The artificial disc mimics the function of a natural disc, providing cushioning and movement.

3. **Post-Surgery Care:**

- Patients are monitored in the hospital for a day or two before going home.

What to Expect During Recovery

- **Hospital Stay:** Typically, 1-3 days.
- **Mobility:** Many patients can walk within hours after the surgery.
- **Physical Therapy:** Exercises help rebuild strength and flexibility.
- **Return to Normal Activities:** Most patients resume light activities within a few weeks and full activities in 2-3 months.

Is Artificial Disc Replacement Right for You?

You may be a good candidate for ADR if:



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- You're between 18-60 years old.
- You have good overall health.
- Your spinal condition is limited to one or two discs.
- You haven't had prior spinal fusion at the same level.

Why Choose Dr. Shankar Acharya for Artificial Disc Replacement?

- **Decades of Expertise:** Dr. Acharya is one of India's most experienced spine surgeons, with over 30 years of practice.
- **Advanced Technology:** Sir Gangaram Hospital uses the latest surgical techniques and equipment.
- **Patient-Centered Care:** From diagnosis to recovery, we ensure you feel supported at every step.
- **Excellent Outcomes:** Hundreds of patients have experienced life-changing relief with this procedure.

Frequently Asked Questions (FAQs)

1. Is Artificial Disc Replacement safe?

Yes, it is a proven and safe procedure with a high success rate when performed by an experienced surgeon like Dr. Acharya.

2. Will I need physical therapy after surgery?

Yes, physical therapy is essential to strengthen your spine and ensure optimal recovery.

3. Can rural patients access this treatment?

Absolutely! We welcome patients from all areas and provide personalized care to ensure your experience is smooth and stress-free.



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4. How long does the artificial disc last?

Modern artificial discs are designed to last for many years, with durability depending on factors like activity level and overall health.

5. Is this procedure better than spinal fusion?

For many patients, ADR is preferable as it preserves natural movement and reduces the risk of stress on other spinal levels.

Contact Us

If you or a loved one is suffering from chronic neck or back pain, don't wait to seek help. Dr. Shankar Acharya and the expert team at Sir Gangaram Hospital are here to guide you toward a pain-free, active life.



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Rediscover freedom of movement with Artificial Disc Replacement. Let us help you stand tall and live pain-free.



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Trust of Generations

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Official Website

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