



Dr. Shankar Acharya

Regd. No.3095/DMC

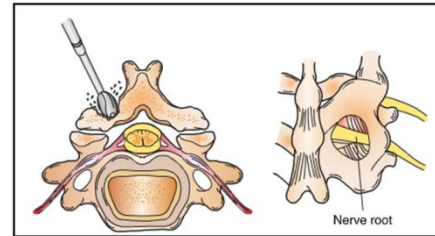
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Spine & Deformity Fellowship, (Birmingham) U.K., Spine Fellowship Munster (Germany)
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Senior Consultant & Chairman Department of Ortho Spine Surgery
Professor Dept. of Orthopaedic & Spine Surgery

CERVICAL FORAMINOTOMY

Cervical foraminotomy is a type of surgery performed on the neck (cervical spine) to relieve pressure on the nerves. It focuses on widening the openings, called foramen, where nerves exit the spinal cord. When these openings become narrow due to conditions like bone spurs, herniated discs, or arthritis, it can cause pain, numbness, or weakness in the neck, shoulders, and arms.

Symptoms That May Require Cervical Foraminotomy

- Persistent neck pain.
- Pain radiating to shoulders, arms, or fingers.
- Tingling, numbness, or weakness in the upper limbs.
- Difficulty in performing activities like holding objects or writing.



Cervical Foraminotomy procedure is recommended when other treatments like medications, physical therapy, or injections do not provide relief :

- **Herniated Discs**
- **Bone Spurs (Osteophytes)**
- **Degenerative Spine Changes**
- **Nerve Pain (Radiculopathy)**

Benefits of Cervical Foraminotomy

- Relief from pain and numbness
- Improved movement in the neck and arms
- Quick recovery due to minimally invasive techniques
- Lower risk of complications compared to traditional open surgeries



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What to Expect During Recovery

- **Hospital Stay:** Most patients are discharged the same day or within 24 hours
- **Pain Management:** Medications and ice packs can help manage discomfort
- **Physical Therapy:** Gentle exercises may be recommended to regain strength and flexibility
- **Activity:** Avoid heavy lifting and strenuous activities for a few weeks.

Patients often experience significant pain relief within a few days to weeks. Regular follow-ups with Dr. Shankar Acharya ensure proper healing and long-term success.

Why Choose Dr. Shankar Acharya?

Dr. Shankar Acharya, a leading spine surgeon at Sir Gangaram Hospital, combines decades of expertise with compassionate care. He uses advanced techniques, ensuring safe and effective treatment tailored to each patient's needs.

How is Cervical Foraminotomy Performed?

The surgery is minimally invasive, meaning smaller incisions and faster recovery. Steps include:

1. **Preparation:** The patient is given anesthesia to ensure comfort during surgery
2. **Incision:** A small cut is made in the neck to access the cervical spine
3. **Removing Pressure:** The surgeon carefully removes the bone or tissue compressing the nerve
4. **Widening the Foramen:** The nerve pathway is widened to create more space
5. **Closure:** The incision is closed, and the patient is moved to recovery.



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If you are experiencing persistent neck pain or symptoms affecting your daily life, consult Dr. Shankar Acharya to explore if cervical foraminotomy is the right solution for you. Early diagnosis and treatment can lead to a quicker recovery and a better quality of life.



SIR GANGA RAM HOSPITAL

Trust of Generations

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