



Want to know a little more?

Lumbar Discectomy / Laminectomy

Lumbar surgery may be required when conservative management of a lumbar disc injury is not successful, particularly when there is nerve compression or irritation. Depending on the nature of the disc bulge as to the surgical technique recommended.

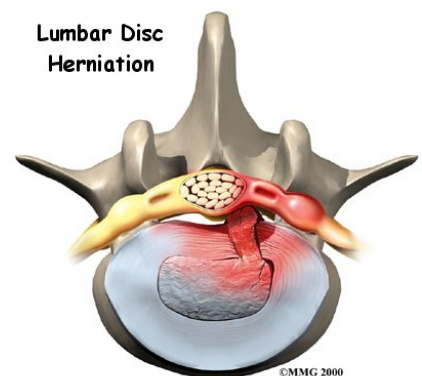
A discectomy involves removing part or all of the affected disc, therefore removing the nerve compression / irritation. If the whole disc is removed you then require a fusion of the involved levels which may involve bone grafting and using metallic fixation.

A laminectomy involves shaving the vertebra to allow greater space where the nerve root travels, to reduce nerve compression and irritation.

A partial discectomy and laminectomy are often completed at the same time.

Following surgery you will require an exercise program to enable you to return to all normal activities. Your physiotherapist will provide you with suitable exercises for at home or in the water, as well an review and progress these as appropriate.

Full recovery from discectomy and or laminectomy can be up to 6 months.



Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist

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