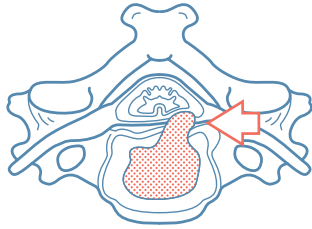


2025 Patient Outcomes

What is Anterior Cervical Discectomy and Fusion (ACDF)?

- ▶ Anterior Cervical Discectomy and Fusion (ACDF) is a type of neck surgery done through the front of the neck.
- ▶ It is performed to remove damaged discs that are pressing on nerves in the neck, causing pain.
- ▶ Surgery aims to relieve the nerve pressure and then to fuse the bones together, helping to relieve pain.



At a glance:



404
patients



56
Average age



42%
Female



58%
Male

Disability:



72%
patients

reported moderate or severe disability.

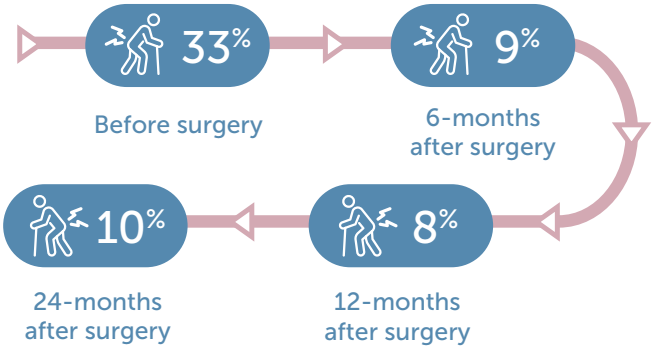
How we measure outcomes:

Oswestry Disability Index (ODI):



The ODI questionnaire measures how much back or leg pain limits a person's ability to perform daily activities.

Fewer patients with severe disability after surgery



Patients reported fewer difficulties with everyday activities — like walking, standing, lifting, and socialising after surgery.

EQ-5D-3L:



The questionnaire measures quality of life and a Visual Analogue Scale identifies the way in which patients perceive their general health.

96% Before surgery → **66%** 6-months post surgery

Reported some or extreme mobility problems

Visual Analogue Scales:



The EQ-VAS measures the way in which patients perceive their general health at a given time point out of 100. The higher the score, the better patients feel.

60 Before surgery → **75** 6-months post surgery

Average patient scores improved after surgery