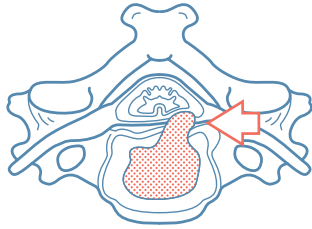


2025 Patient Outcomes

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 leg pain as their main symptom.

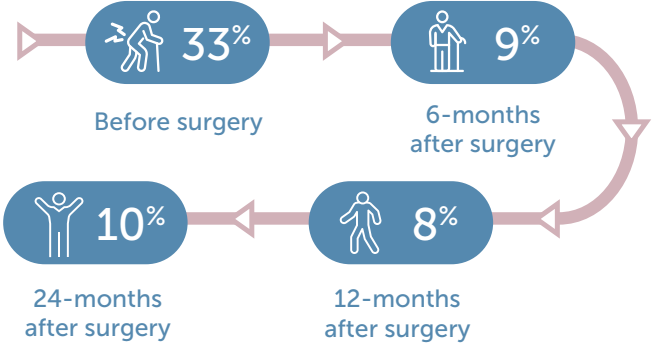
How we measure outcomes:


Neck Disability Index (NDI):



The NDI questionnaire measures how much neck 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

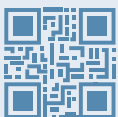
Visual Analogue Scales:






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



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