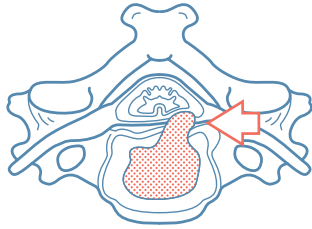


## 2025 Patient Outcomes

# 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 before surgery.

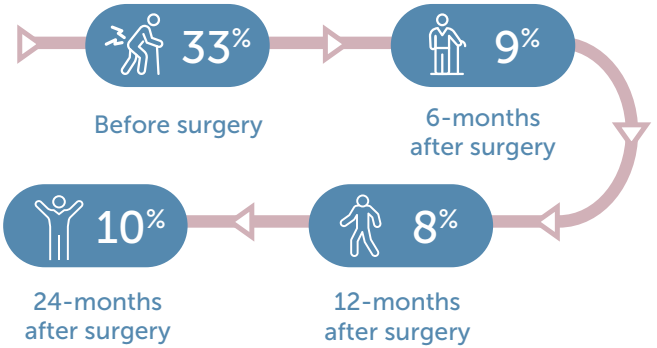
### How we measure outcomes:


#### 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.

**40%** Before surgery → **22%** 6-months post surgery

Reported some or extreme mobility problems

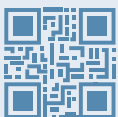
#### Visual Analogue Scales:



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



☎ 1800 277 001 (or 1800 ASR 001)  
@ info@spineregistry.org.au  
🌐 www.spineregistry.org.au

 Australian Spine Registry

