

## Editorial Note on Spine Research- Laminectomy

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Laminectomy is a surgery that creates space by removing lamina. Lamina is a part of vertebra bone. This is done to treat spinal stenosis. This laminectomy is used to remove bones and damaged disks. Thus provides more empty space for spinal nerve and column. There are many risks in this surgery like infection in wounds or vertebral bones, damage to a spinal nerve, weakness, pain and return of back pain in future is possible.

Back or neck pain that interferes with normal daily activities may need surgery for treatment. Laminectomy is a type of surgery in which a surgeon removes part or all of the vertebral bone (lamina). This helps ease pressure on the spinal cord or the nerve roots that may be caused by injury, herniated disk, narrowing of the canal (spinal stenosis), or tumors. A laminectomy is considered only after other medical treatments have not worked. Low back or neck pain can range from mild, dull, and annoying to persistent, severe, and disabling. Pain in the spine can restrict your ability to move and function. Laminectomy may be done to ease pressure on the spinal nerves, treat a disk problem, or remove a tumor from the spine. One common reason for having a laminectomy is a herniated disk in the spine. A disk may be displaced or damaged because of injury or wear and tear. When the disk presses on the spinal nerves, this causes pain, and sometimes numbness or weakness. The numbness or weakness will be felt in the body part where the nerve is involved, often the arms or legs. The most common symptom of a herniated disk is sciatica. This is a sharp, shooting pain along the sciatic nerve, extending from the buttocks to the thigh and down the back of the leg.

If medical treatments no longer work, surgery may be a choice. Some medical treatments for pain may include:

- Changes in activity
- Medicines, such as muscle relaxants, anti-inflammatory medicines, and pain relievers
- Spinal injections
- Physical rehabilitation, physical therapy, or both
- Occupational therapy

- Weight loss (if overweight)
- Smoking cessation
- Assistive devices

Laminectomy is usually done for back or neck pain that continues after medical treatment. Or it is done when the pain is accompanied by symptoms of nerve damage, such as numbness or weakness in the arms or legs. Loss of bowel or bladder control from pressure in the cervical or lumbar spine also usually needs surgery.

There may be other reasons for your healthcare provider to recommend a laminectomy.

As with any surgical procedure, complications can occur. Some possible complications may include:

- Bleeding
- Infection
- Blood clots in the legs or lungs
- Spinal cord or nerve root injury
- Risks linked to the use of general anesthesia. Nerve or blood vessels in the area of surgery may be injured. This can cause weakness or numbness. The pain may not be eased by the surgery or may become worse, although this is rare.

There may be other risks depending on your specific health condition. Be sure to discuss any concerns with your healthcare provider before the surgery.

### Related Journals of Laminectomy

Spine, Spine and Neurosurgery, Spine Research, Pain and Relief, Pain Management & Medicine, International Journal of Laminectomy, Archives of Laminectomy, Review on Laminectomy, Lumbar Spinal Stenosis- The decompressed Laminectomy