Endoscopic Posterior Cervical Foraminotomy

One-page summary of the full Spinemathema guide. Scan the QR code for the full guide, with references and audio.

Key points

- This operation frees a nerve root trapped at the side of the neck by a disc bulge or bone spur, working from the back of the neck through a small tube and camera.
- It keeps the disc and the movement at that level, so no fusion or implant is needed.
- Trials show that operating from the back for this kind of arm pain gives results similar to the common front-of-neck operation, ACDF.
- The endoscopic version appears to mean less pain medicine early on, while longer-term results look similar to other approaches.
- It is suitable only for problems at the side of the spinal canal, needs specific training and is offered in a limited number of centres.

Contact your team or seek urgent help if you notice:

- New or worsening weakness or numbness in your arms or legs, difficulty walking, or loss of bladder or bowel control: go to A&E or call 999.
- A painful, swollen calf, or sudden chest pain or breathlessness: call 999.
- Clear fluid leaking from the wound with headaches, redness or leakage at the wound, or a high temperature: contact your hospital team or GP, or call NHS 111.

Not sure how urgent it is? Call NHS 111. More warning signs: spinemathema.com/warning-signs

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General information only, not personal medical advice.
If you are worried about your symptoms, contact your GP, NHS 111, or in an emergency call 999.

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Scan for the full guide