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Artificial Disc Replacement

If you suffer from chronic neck or back pain, Artificial Disc Replacement may be your answer. Summit Orthopaedics explains how ADR works, its benefits, and how it helps restore your mobility and quality of life.

[Spine](#)

Artificial disc replacement has become increasingly popular due to its numerous benefits when undergoing spinal surgery. The process of artificial disc replacement is quickly becoming the preferred option over traditional fusion surgeries, and it's no wonder why. With all of its benefits, such as improved range of motion, decreased risks of adjacent segment diseases, and pain relief, more and more individuals are choosing artificial disc replacement for their spinal surgeries. Technology has made it easier and safer than ever to replace a damaged disc with an artificial one, allowing individuals to heal quickly and return to their daily activities.

What is ADR?

Artificial Disc Replacement (ADR) is a minimally invasive spinal procedure that involves the removal of a damaged or worn-out intervertebral disc and the insertion of an artificial device in its place. The artificial implant helps to restore the spine's normal range of motion while providing stability and cushioning between vertebrae.

Additionally, because the implant is designed to replicate the natural shape and movement of a real disc, it reduces the risk of adjacent segment disease—which is a common complication associated with spinal fusion surgeries. Furthermore, ADR can provide significant pain relief for those suffering from chronic back pain related to degenerative disc diseases.

Who Needs It/Benefits?

Patients with degenerative disc diseases, such as herniated discs, spondylolisthesis, and spinal stenosis, are ideal candidates for ADR. This procedure has become increasingly popular due to its numerous benefits compared to traditional fusion surgeries.

In addition to improving the range of motion without compromising spine strength or stability, ADR can also provide significant pain relief for those suffering from chronic back pain related to degenerative disc diseases.

ADR can be used both in acute situations, such as traumatic injuries and in more gradual cases like degenerative disc diseases, where there is no history of trauma, but rather progressive deterioration caused by age or lifestyle habits. Moreover, this type of surgery is growing in popularity because it provides cost-effective long-term pain relief without the risks associated with other invasive treatments, such as spinal cord stimulation or physical therapy.

By restoring the spine's normal range of motion while providing stability and cushioning between vertebrae, ADR helps people enjoy improved mobility and decreased levels of discomfort without having to undergo any major surgeries or therapies. As a result, this minimally invasive procedure has quickly become a preferred option over traditional fusion surgeries among those looking for long-term solutions that deliver optimal results while minimizing risks.

How Is It Performed?

Before receiving an ADR procedure, individuals must undergo imaging tests, such as an X-ray or MRI, to determine if they are eligible for this type of surgery. In addition, blood tests may be necessary in order to evaluate if other health conditions could put them at risk during the operation.

During the procedure itself, surgeons make a small incision in the patient's back before inserting a specialized implant into the spine. The device is typically made of metal and plastic components designed to replicate the natural shape and movement of a real disc. The surgeons then secure screws into the vertebrae above and below where the device was placed before finally closing up the incision site with sutures or staples.

The entire surgical process takes only a few hours to complete once all preoperative assessments and preparatory work has been done. Since it is minimally invasive, patients experience reduced post-operative pain and achieve faster recovery times than with traditional fusion surgeries.

Moreover, it can significantly reduce the risk of adjacent segment disease by replicating the natural shape and movement of a real disc.



How to Prepare for Recovery

One of the most important steps in preparing for recovery from ADR is to ensure that all preoperative tests and assessments have been completed. This is essential as it helps to identify any underlying health issues that could put the patient at risk during the operation and afterward. Additionally, patients should also make sure to follow their surgeon's instructions regarding dietary recommendations and restrictions before, during, and after the procedure.

In terms of physical preparation, it can be beneficial to do some light stretching exercises such as yoga or Tai Chi prior to undergoing an ADR procedure. Not only will this help to strengthen the muscles around the surgical area and promote faster healing, but it can also reduce stress which can lead to better outcomes overall. Furthermore, it is important for patients to wear loose-fitting clothing on the day of surgery in order to prevent additional discomfort during recovery.

After surgery, it is important for patients to rest adequately. Generally speaking, patients may experience fatigue for several weeks following an ADR procedure, and should therefore take time off work until they feel ready enough to go back. During this time, patients should focus on getting plenty of sleep in order to help their bodies heal more effectively. Additionally, ice packs or heat therapy can be used depending on individual circumstances in order to reduce swelling or pain in certain areas of the body.

Finally, regular exercise is essential after an ADR procedure in order to help maintain the range of motion while strengthening the muscles around the spine. However, it is important that individuals are mindful not to overexert themselves by gradually increasing activity levels over time as instructed by a medical professional. If done correctly, exercising regularly will help promote improved flexibility while reducing back pain associated with degenerative disc diseases over time.

In conclusion, by following these steps properly, patients will be able to enjoy improved flexibility while reducing back pain associated with degenerative disc diseases over time. As always, it is important to listen to medical advice and ensure that any health issues are identified before undergoing an ADR procedure in order to produce the best possible outcome.

If ever you experience back pains or discomfort, reach out to specialists like [Summit Orthopaedics](#) for a full diagnosis. Finding the causes of back pains sooner than later can prevent further invasive surgeries or permanent damage.



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