

Texas Spine & Scoliosis

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A herniated disc in the neck prevented Tracy from carrying her grand baby

Tracy had a neck problem that evolved over several years. First it was an annoyance but it eventually worsened causing symptoms into her arm.

"The neck symptoms caused numbness in my ear into my shoulder," Tracy remembers. "Then the numbness extended down into my hand causing my fingers to completely lock up. I had to use my other hand to straighten my fingers. I have two daughters and grandchildren. I can't afford to have my left arm suddenly go weak where I drop a four-month old baby. It's my job to help my daughters

out and help caring for the grand baby. I needed to be okay."

Tracy talked with an orthopedic surgeon who had previously taken care of a foot problem, and he quickly referred her to spine surgeon Dr. Cruz who did X-rays. "Dr. Cruz was concerned about the pressure on my spinal cord," Tracy notes. "But he was still hopeful I might recover if we gave it a month or so. But it never got better, only worse, so the plan then was to do a neck surgery to relieve the pressure from the herniated disc in my neck."

Dr. Cruz performed an ACDF (Anterior Cervical Discectomy & Fusion)

at levels C3-5, using special surgical instrumentation to provide stability to the two disc levels. "I woke up after surgery and the numbness and pain in the arm was gone," Tracy said. "I am working through physical therapy now to restrengthen the muscles in my arm which were weakened by the weeks of numbness. I'm fine now and I'm back to taking care of the grand baby and also working in my yard. I like gardening. I enjoy that and walking the trails around my home. Also, I have some exercise equipment back in the garage that hasn't been used in a while. I'm going to dust that off in the next couple weeks."



When non-surgical treatment failed to relieve the numbness from a herniated disc in the neck, Dr. Alex Cruz at Texas Spine & Scoliosis performed a two-level ACDF surgery that relieved the numbness in Tracy's arm. Her biggest fear was dropping a grand baby from the weakness in her arm. She's now back to all her activities.

