

Dr. Tyndall's Spine "Cheat Sheet"

Spine Abbreviations Worth Knowing from A to O (Part 2)

1. **ACDF: Anterior Cervical Discectomy and Fusion**
A procedure where the cervical disc is removed and replaced with a fusion device.
2. **ALIF: Anterior Lumbar Interbody Fusion**
A lumbar fusion done from an anterior approach through the abdomen.
3. **BDS: Bone Density Scan**
Study which indicates the density (strength) of bone.
4. **BMP: Bone Morphogenic Protein**
A natural bone making protein that is commercially known as Infuse. This is often used to help promote bone fusion.
5. **DDD: Degenerative Disc Disease**
Age-related or injury-related changes in the disc often leading to pain.
6. **ESI: Epidural Spinal Injection**
Injection usually of steroid into the space around the spinal cord or nerve roots. This is done to help relieve nerve pain.
7. **FI: Facet Joint Injection**
An injection into a joint of the spinal column to help relieve pain.
8. **HNP: Herniation Nucleus Pulposus**
A condition by which a portion of a lumbar or cervical disc pushes out against a nerve or the spinal cord leading to symptoms such as pain or weakness.
9. **MIS: Minimally Invasive Spine Surgery**
A new technique for performing spine surgery with specialized instruments in order to minimize incisions and post-surgical pain.
10. **NVI: Neuro-Vascular Intact**
Indicates that the nerves and vascular (blood supply) of an extremity are working properly.
11. **OLIF: Oblique Lumbar Interbody Fusion**
A lumbar fusion done through the abdomen but through an oblique rather than an anterior approach.

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