

**ALIF: Anterior Lumbar Interbody Fusion**



**DISC BEFORE  
PROCEDURE**

**Bone graft**



**Cage  
implant**



**Overview**

ALIF is generally used to treat back or leg pain caused by degenerative disc disease. The surgeon will stabilize the spine by fusing vertebrae together with bone graft material.

**Incision Made**

The procedure is performed through a three- to five-inch incision on the stomach. Two common approaches are over the center of the stomach or slightly to the side.

**Disc Removed**

The damaged disc is partially removed. Some of the disc wall is left behind to help contain the bone graft material.

**Implantation**

A metal cage implant filled with bone graft is placed in the empty disc space. This realigns the vertebral bones, lifting pressure from pinched nerve roots.

**Vertebrae Secured**

In some patients, this will be enough to secure the vertebrae. For others, the surgeon may need to implant a series of screws and rods along the back of the spine for additional support.

**End of Procedure**

Over time, the bone graft will grow through and around the implants, forming a bone bridge that connects the vertebra above and below. This solid bone bridge is called a fusion.



**DISC AFTER  
PROCEDURE**

