

# Does metal plating reduce the degree of disc collapse following anterior spinal surgery

ACTRN12618000882224

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**Status** RECRUITING  
**Sponsor** Mr. Nova Thani  
**Enrollment** 200 participants

## Plain Language Summary

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This study is looking at a common neck surgery called Anterior Cervical Discectomy and Fusion (ACDF), which removes a damaged disc between the bones of the neck to relieve pressure on spinal nerves. After the disc is taken out, a small implant called an inter-body cage is placed in the gap to restore normal spacing and allow the bones to fuse together. The goal is to reduce neck and arm pain by stabilising the spine.

One of the challenges with this surgery is "subsidence" — where the cage slowly sinks into the surrounding bone over time, potentially causing the disc space to narrow again and symptoms to return. Surgeons sometimes add a metal plate across the front of the spine to help prevent this, but there is disagreement about whether the plate actually makes a meaningful difference.

This trial is comparing outcomes between patients who receive the cage alone versus those who also get the metal plate. You may be eligible if you are 18 or older and your surgeon has recommended a one- or two-level ACDF procedure for cervical disc disease. People who have had previous neck surgery or whose surgery is for a traumatic injury are not eligible.

## Key Eligibility Criteria

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### Inclusion (3)

- Patients greater than 18 years of age
- Patients prescribed one or two level ACDF for cervical degenerative disease by the treating surgeons
- Patients requiring both single level and multi-level fusions will be eligible

### Exclusion (3)

- ACDFs performed for traumatic injury of the spinal column
- Patients with prior anterior cervical spine surgery
- Patients who do not provide informed consent

## Locations (1 total)

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Calvary Health Care Tasmania - Hobart - Lenah Valley, TAS, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000882224>

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