

Spine Decompression Surgery: Relieving Nerve Pressure for Pain-Free Movement



Spine decompression surgery is performed to relieve pressure on spinal nerves caused by conditions like herniated discs, spinal stenosis, or degenerative changes. By removing bone or tissue compressing the nerves, this procedure reduces pain, numbness, and weakness, especially in the back and legs. Often done using minimally invasive techniques, [spine decompression](#) can significantly improve mobility and quality of life. Advanced surgical navigation systems enhance precision, making the procedure safer and more effective for long-term spinal health and functional recovery.