

An introduction to

# Simplify Cervical Disc

Designed to treat conditions and symptoms associated with cervical disc degeneration while helping you keep your motion

This booklet provides general information on Simplify Cervical Disc. It is not meant to replace any personal conversations that you might wish to have with your physician or other member of your healthcare team. Not all the information here will apply to your individual treatment or its outcome.



# It's hard to live in pain.

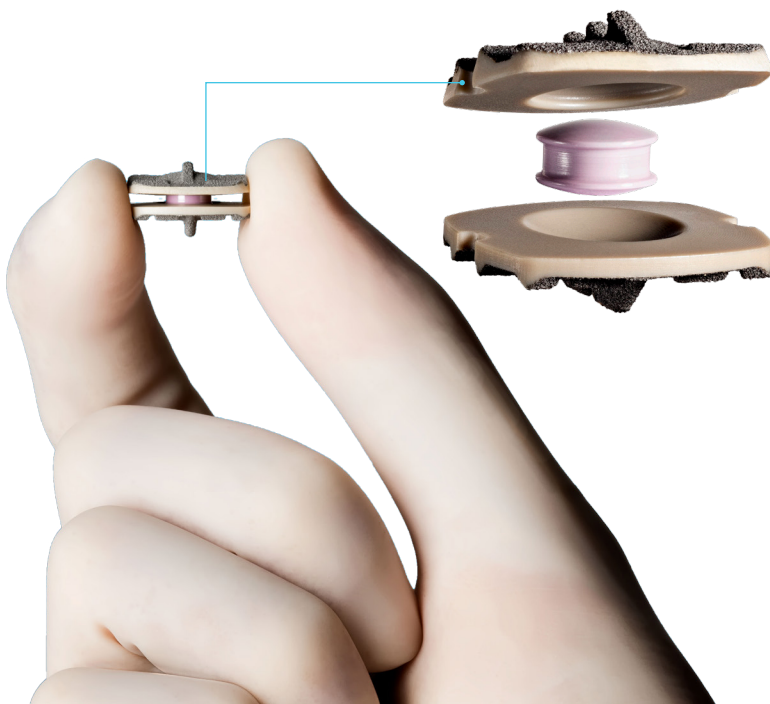
## Is cervical disc replacement right for you?

Cervical disc degeneration occurs when one or more of the discs between the vertebrae (small bones that form the spinal column) begins to wear. This adds stress to the disc, nearby joints, muscles, and nerves. It may cause pain, tingling, numbness, and/or weakness in the neck and arms.

If you've been diagnosed with or are experiencing unwanted effects of cervical disc degeneration, cervical disc replacement with an artificial disc like Simplify Cervical Disc might be right for you. Please speak to your physician to understand the benefits and risks of the Simplify Cervical Disc procedure. Your physician can help determine the right treatment options for you.

For more information about cervical disc degeneration, treatment options, and Simplify Cervical Disc, please visit

**[nuvasive.com/C360](https://nuvasive.com/C360)**



# Why Simplify Cervical Disc?

## Implant design

- Simplify Cervical Disc is designed to treat conditions and symptoms associated with cervical disc degeneration, while preserving motion of the spine.
- Disc height options are designed to closely match patients' healthy disc spaces.

## Implant materials

- Simplify Cervical Disc's material combination of PEEK (medical-grade plastic) endplates with titanium coating and a ceramic core is nickel-free.
- These materials allow for imaging after surgery using magnetic resonance imaging\* (MRI) instead of a CT scan.



\*MR conditional  
per ASTM F2503

**Candidate:** The Simplify Cervical Disc is a cervical artificial disc used for disc replacement. The disc is used in patients with cervical disc degeneration at one or two levels in your neck. This degeneration may cause pain, numbness, or weakness. A doctor may recommend Simplify Cervical Disc surgery based on your symptoms as confirmed by X-rays, CT, and/or MRI. Your doctor will tell you if you are a candidate for this procedure. You will likely be treated non-surgically first. This often includes rest, physical therapy, and injections. If your treatments do not provide relief after 6 weeks or your symptoms get a lot worse before 6 weeks, your doctor may suggest artificial disc replacement.

**Warnings:** Simplify Cervical Disc should only be used by experienced doctors who have been trained in the use of Simplify Cervical Disc. The use of Simplify Cervical Disc may cause serious or fatal bleeding and risks of neurological damage and/or injury to nearby organs. There is a risk of extra bone growth which could lead to reduced cervical motion or fusion at the treated disc space or disc spaces next to your implant.

**Risks:** Potential complications associated with the use of Simplify Cervical Disc include, but are not limited to, those commonly associated with any surgery, specific to anterior cervical surgery, and cervical artificial discs, including Simplify Cervical Disc, including arm numbness, weakness or tingling; injury to surgery site area, including the nerves, blood vessels, and spinal cord; hoarseness or problems with swallowing; infection; development of pain at the surgery disc space, allergic reaction to implanted materials, and development of poor stability at the surgery disc space or other cervical disc spaces. The surgical procedure may not be effective in relieving your symptoms. It is possible your symptoms could worsen. There may be a need for additional surgery. This is not a full list of risks and there may be other risks with treatment using the Simplify Cervical Disc.

**Who should not receive the Simplify Cervical Disc:** Simplify Cervical Disc should not be implanted in patients with the following conditions: active infection; osteoporosis/osteopenia; known allergy to implant materials including PEEK, ceramic, or titanium; severe facet disease or facet degeneration; bridging bone between bones in the spine; cervical spine is not stable enough as shown by X-rays; and an unnatural shape (deformity) at the levels of the surgery; weak cervical bones at the level(s) where surgery will take place, this can be from current or past trauma; and diseases affecting the spine such as rheumatoid arthritis or ankylosing spondylitis. Always talk to your doctor with questions about your neck pain and treatment options.

**CAUTION: Federal (USA) law restricts this device to sale by or on the order of a physician who has appropriate training or experience.**

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For important product safety information, visit [nuvasive.com/elfu](https://www.nuvasive.com/elfu)  
Contact us at [nuvasive.com/contact](https://www.nuvasive.com/contact)

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