

# Spinal Stenosis

## What is Spinal Stenosis?

Spinal Stenosis is the narrowing of the spaces in the backbone which causes pressure on the nerves and/or spinal cord. Most cases of Spinal Stenosis occur in the low back (lumbar spine).

## What are the symptoms of Spinal Stenosis?

Stenosis may cause low back pain as well as pain in your legs. It may pinch the nerves that control sensation and muscle power in your legs. Other symptoms may include frequent falling, pain when you walk, numbness, tingling and/or weakness in your legs.

## What are the causes of Spinal Stenosis?

There are many possible causes of Spinal Stenosis, such as:

- Aging—growing older can cause the tissue between the bones in your spine to become thicker. Spurs (small growths) may develop on your bones or into your spinal canal. Also, the discs that are a cushion between your vertebrae (spine) or the flat surfaces on each vertebra may begin to break down.
- Arthritis—the two main forms of Arthritis (Osteoarthritis and Rheumatoid Arthritis) may affect the spine.
- Family History—if the spinal canal is too small at birth, symptoms of Spinal Stenosis may show up in a young person. There may also be deformities that cause the spinal canal to narrow.
- Tumors of the spine
- Trauma or injury to the spine

## How can Spinal Stenosis be diagnosed?

Your provider will ask you for your medical history, perform a physical examination and may order x-rays, CT scans, an MRI or other tests.

## How can Spinal Stenosis be diagnosed?

Some treatments for Spinal Stenosis are:

- Medications
- Limiting your activity
- Braces
- Injections
- Physical therapy
- Surgery

