

Fast Facts

Spinal Stenosis

- Occurs when the spaces within your spine narrow, putting pressure on the nerves
- Often occurs either in the neck (cervical stenosis) or lower back (lumbar stenosis), which is more common
- Several causes: bone spurs, herniated disc, thickened ligaments, spinal injury, spinal tumor

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Cervical:</i></p> <ul style="list-style-type: none"> -Numbness/tingling in a hand/arm/foot/leg -Weakness in a hand/arm/foot/leg -Problems with walking and balance -Neck pain -Bowel/bladder dysfunction (urinary urgency and incontinence) <p><i>Lumbar:</i></p> <ul style="list-style-type: none"> -Numbness/tingling in a foot/leg -Weakness in a foot/leg -Pain/cramping in one or both legs when standing/walking for long periods (usually eases when you bend forward or sit) -Back pain 	<ul style="list-style-type: none"> -Depends on the location and severity of symptoms <p><i>Mild:</i></p> <ul style="list-style-type: none"> -Monitor condition -Over-the-counter medications (ex. ibuprofen, naproxen, and acetaminophen) -Prescription medications (ex. tricyclic antidepressants or certain anti-seizure drugs) -Heat and cold therapy. -Stretching exercises or yoga <p><i>Moderate:</i></p> <ul style="list-style-type: none"> -Opioid pain relievers (short-term use only) -Physical therapy -Steroid injections <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Decompression procedure (for individuals with thickened ligaments—lumbar only) -Laminectomy -Laminotomy -Laminoplasty 	<ul style="list-style-type: none"> -Regular exercise -Eating healthy

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