



Spinal stenosis is an abnormal narrowing of the open spaces of the spine which occurs either in the cervical (neck) or lumbar regions.

CAUSES

- Wear and tear on the spine from aging
- Overgrowth of bone
- Herniated disc
- Tumor

SYMPTOMS

- Cervical
 - Episodes of falling/decreased balance
 - Numbness and/or tingling in the arm and/or hand
 - Weakness in the arm and/or hand
- Lumbar
 - Pain/weakness/numbness in the legs after prolonged periods of standing or walking; though better when sitting
 - Cramping in the legs after prolonged periods of standing or walking
 - Symptoms improve when bending forward or sitting
 - Foot-slapping gait
 - Episodes of falling/decreased balance
 - Loss of bowel or bladder function (incontinence)

TREATMENT

- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain
 - Prescription pain medicine
 - Muscle relaxant to control spasms
 - Antiseizure
 - Antidepressant
- Physical therapy
- Epidural steroid injections
- Surgery

SEEK MEDICAL CARE IF:

- Symptoms get worse or do not improve despite treatment.
- You develop new symptoms.
- You are generally not feeling well.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop numbness or weakness in either leg.
- You lose bowel or bladder function.