

SPINAL STENOSIS

What You Can't See Can Hurt You. You Have A Choice!

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INTRODUCTION

Your spine, or backbone, protects your spinal cord and allows you to stand and bend. Spinal Stenosis is common disorder of the back causing pressure on the nerves and pain.and limiting mobility and normal daily activities.

WHAT IS SPINAL STENOSIS

Spinal stenosis is a medical condition that causes narrowing in your spine. The narrowing can occur at the center of your spine, in the canals branching off your spine and/or between the vertebrae, the bones of the spine. The narrowing puts pressure on your nerves and spinal cord and can cause pain.

CAUSES AND SYMPTOMS

The main cause of spinal degeneration is osteoarthritis, an arthritic condition that affects the cartilage that cushions the ends of bones in your joints. With time, the cartilage begins to deteriorate and its smooth surface becomes rough. If it wears down completely, bone may rub painfully on bone. In an attempt to repair the damage, your body may produce bony growths called bone spurs. When these form on the facet joints in the spine, they narrow the spinal canal.

Scoliosis, herniated disks and injuries can eventually cause spinal stenosis as well.

Most common symptoms of spinal stenosis is radiating back or hip pain, pain or cramping in the legs, pain in neck and shoulders and loss of balance.

WHO IS AT RISK

Age is the main known risk factor for spinal stenosis. People with osteoarthritis, who have sustained injury resulting in damaged disks and abnormal spine formation. such as scoliosis.

TRADITIONAL TREATMENTS

Anti-inflammatory drugs are used to reduce pain and swelling. Analgesics are used for relieving pain. Epidural steroid injections and surgery are also a method used in treating

spinal stenosis. Braces are used in some treatments, and Physical therapy, which is a critical means of treatment as it also promotes prevention.

WHY TRY PHYSICAL THERAPY FIRST

PATIENT COMMENTS

DOCTOR'S COMMENTS

References: Sources come from one or more of the following articles and sites:
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