

SPINAL STENOSIS

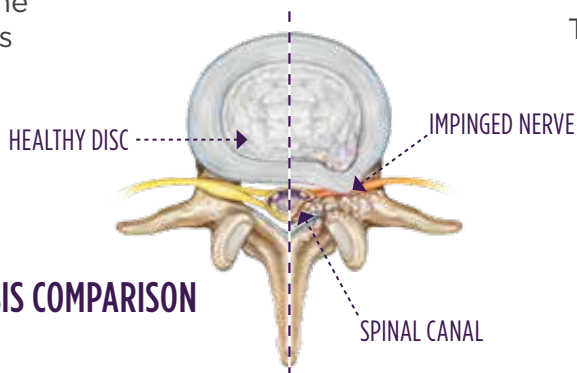
Understand your condition.
Know your next steps.

What is spinal stenosis?

Spinal stenosis means narrowing around a nerve or group of nerves within your spine. This can occur to the nerves in the center of the spinal canal or the nerves as they exit the spinal column. Spinal stenosis most often occurs in the low back and neck.

What causes stenosis to occur?

- » Disc bulging or herniation
- » Arthritis of the joints in the spine
- » Thickening of the spinal ligaments
- » Congenitally small spinal canal
- » Scoliosis
- » Genetics



SPINAL STENOSIS COMPARISON

What are the symptoms?

Spinal stenosis often produces symptoms in the low back and lower extremities, or neck and upper extremities. Symptoms can include pain, numbness, weakness, and loss of balance/gait instability. Spinal stenosis occurring in the lumbar spine is clinically described as neurogenic claudication or “nerve cramping.” Patients with this condition typically describe low back and/or leg symptoms when standing and walking, followed promptly by relief when sitting or bending forward.

How is it diagnosed?

The most common and detailed imaging study is an MRI scan, which allows visualization of nerves and soft tissues. If you have an implant like a pacemaker, then a CT scan or a CT/myelogram may be an alternative.

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What are the treatment options? What does my specialist recommend?

Your spine specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	MEDICATION	Neuropathic medicines and anti-inflammatories are sometimes prescribed to help with pain.	Contact the patient coordinator if symptoms do not improve: (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	The goal of physical therapy is to establish exercises that can be performed to lessen pain in the affected extremity. Ultimately, spine strengthening and stabilization is performed.	Set up a therapy appointment with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	EPIDURAL STEROID INJECTIONS	The goal of an epidural steroid injection is to deliver a strong anti-inflammatory medicine (Steroid) under X-ray guidance, close to where the area of spinal stenosis is occurring, in attempts to alleviate pain.	Set up procedure date and time with the patient coordinator: (651) 968-5201
<input type="checkbox"/>	SURGERY	Surgery is performed in cases of severe pain, functional limitations, or worrisome neurologic findings on physical exam. Surgery for spinal stenosis may be as straightforward as a laminectomy/decompression surgery or, in advanced cases, a fusion surgery.	Set up surgery date and time with the patient coordinator: (651) 968-5201

NOTES

For expert advice on how to stay healthy and active, visit summitortho.com.

