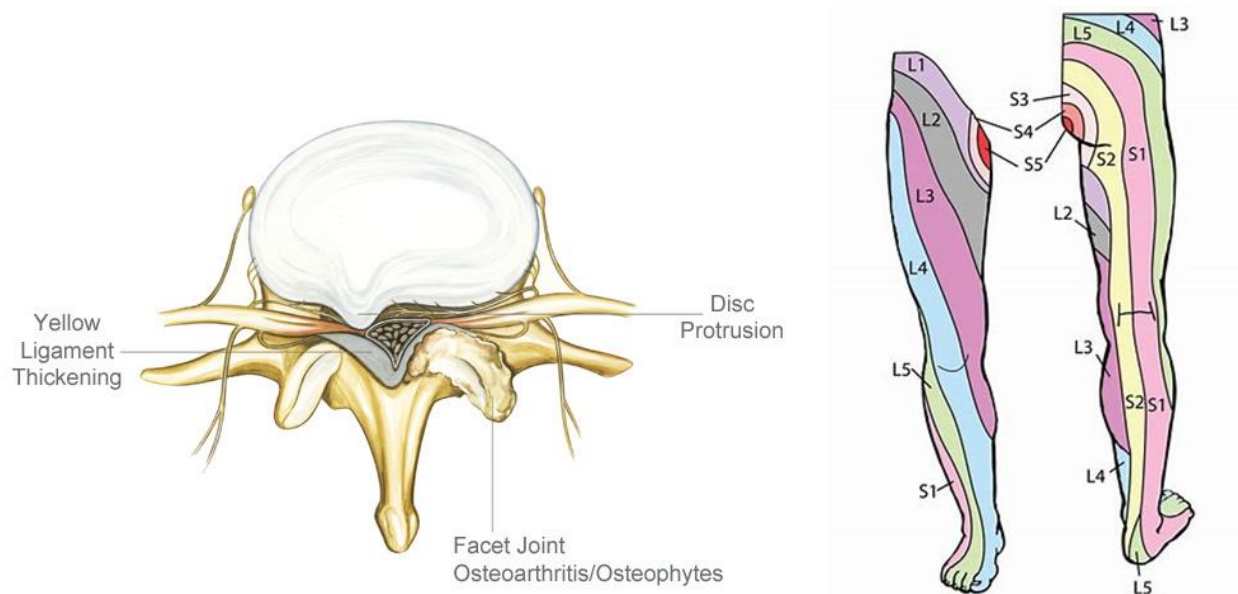




Lumbar Spinal Stenosis

What is it?

Compression and irritation of the nerves that exit your spinal cord. They can be compressed in the spinal canal or as they exit the vertebrae. The most common causes of spinal stenosis are herniated disc or arthritis.



What are the symptoms?

Most patients have pain in the low back with radiation to the buttock, hip and leg. Some patients have numbness, tingling & even weakness in the arm or hand.

How is it treated?

- Manual therapy – Physical therapy, Chiropractic, Osteopathic Manipulation, Massage
- Home traction device – inversion table
- Aerobic exercise – stationary bike, Aquafit
- Medicine – NSAIDs (ie: Ibuprofen, Naprosyn), Muscle relaxants & Nerve pain pills (ie: Nortriptyline, Gabapentin, Lyrica)
- Yoga
- Epidural Steroid injections – near irritated nerve to reduce swelling around nerve
- Surgery – decompression of area (if conservative treatment fails)