



Back pain is a common complaint and affects as many as 80% of adults in the United States at some point during their lifetime. Most people find that their back pain resolves on its own with at-home treatments. But if your back pain isn't improving, it may be due to an underlying structural issue such as **spinal stenosis**.

What is spinal Stenosis?

Spinal stenosis is a condition that causes a narrowing of the spaces between your vertebrae. It most often develops as a result of the degeneration of the discs in between your vertebral bones that occurs as you get older. However, some individuals are born with this narrowing, or it may result from an injury.

Spinal stenosis can develop in any area of your spine, but it most often occurs in the cervical (neck) or lumbar (lower back) spine.

What are the symptoms of spinal stenosis?

Symptoms of spinal stenosis may depend on the area of your spine that is affected. Cervical spinal stenosis might cause you neck pain and radiating symptoms such as tingling and numbness that travel down your arms, back, or legs. Cervical spinal stenosis can also make you feel off-balance and cause weakness in your extremities.

With lumbar spinal stenosis, you may experience lower back pain and numbness or weakness in your legs or feet. Lumbar spinal stenosis can also cause pain and cramping in your legs after standing or walking for long periods of time.

If you're experiencing any of these symptoms, you should contact the team at Advanced Pain Modalities for an evaluation.

How is spinal stenosis diagnosed?

The team at Advanced Pain Modalities performs comprehensive evaluations to determine if your symptoms are due to spinal stenosis. During your evaluation, the team reviews your symptoms and medical history and performs a physical exam.

To confirm a diagnosis, locate the spinal stenosis, and evaluate the severity of your condition, the team may request diagnostic imaging, such as an X-ray, MRI, or CT scan.

What are the treatments for spinal stenosis?

Treatment for your spinal stenosis is individualized and based on the location of the narrowing, as well as your symptoms. The team at Advanced Pain Modalities may initially take a conservative approach to the management of your symptoms and recommend:

- Over-the-counter pain medication
- Prescription medication such as anti-seizure medication for nerve pain



- Physiotherapy
- Steroid injection
- Interspinous Spacer
- Minimally Invasive Lumbar Decompression (MILD Procedure)
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If you fail to get improvement with conservative treatments, the team at Advanced Pain Modalities may suggest surgery. The experienced team performs a minimally invasive procedure for the treatment of spinal stenosis that removes part of the bone to improve spacing and reduce pain.

Spinal stenosis is a degenerative condition that may worsen with time. For a comprehensive pain management plan from a respected and experienced team, contact Advanced Pain Modalities by phone or online today.