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hello@madetomove.ca www.madetomove.ca @madetomove.ca

SPINAL STENOSIS

What is spinal stenosis?

Stenosis just means a narrowing of a canal. For spinal stenosis, this refers to a narrowing where your spinal cord or nerve travels through.

What causes spinal stenosis?

Stenosis is most commonly caused by wear and tear (degeneration or Osteoarthritis) in the lumbar spine.

What are the symptoms of spinal stenosis?

Due to the compression of the nerves and spinal cord, stenosis causes pain, numbness, burning, tingling, and weakness in the low back, buttocks, and legs.

What causes the symptoms of spinal stenosis?

Symptoms are typically brought on by standing or walking due to the posture related compression with an upright position.

Can spinal stenosis cause hip pain?

Both spinal stenosis and hip degeneration (OA) can cause glute and lateral hip pain so a proper examination can determine which condition(s) are causing your pain. You can have both (hip-spine syndrome).

Is stenosis hereditary?

A more narrow spinal canal or more aggressive degeneration can be hereditary factors which can lead to earlier stenosis.

Is there a cure for stenosis?

There is no cure for stenosis, not even surgically. Once your spine has degenerated (which is natural) it cannot be reversed. Surgery can improve leg symptoms, but more complications can occur later in life after surgery. Conservative treatments have been found to be effective in improving pain, walking ability, and overall function (short and long term)

What are some treatment options for stenosis?

Treatment includes education, mobilization, manipulation, soft tissue therapy, strength and stretching exercises, needle acupuncture, and medications.

What can I do for my stenosis?

Participate in your care with your healthcare provider, and stay active, even with a little pain (within reason).

When should I contact my healthcare provider?

Contact your healthcare provider if you have pain at rest, loss of bowel/bladder function, sudden progressive weakness, unexplained deformity, swelling or redness of the skin, fever, chills, feeling ill, pain at rest, sudden inability to do normal activities, or unexplained weight loss or loss of appetite.