



Spinal Stenosis

Spinal stenosis is a narrowing of spaces in the spine (backbone) that results in pressure on the spinal cord and/or nerve roots. This disorder usually involves the narrowing of one or more of three areas of the spine: (1) the canal in the center of the column of bones (vertebral or spinal column) through which the spinal cord and nerve roots run, (2) the canals at the base or roots of nerves branching out from the spinal cord, or (3) the openings between vertebrae (bones of the spine) through which nerves leave the spine and go to other parts of the body. The narrowing may involve a small or large area of the spine. Pressure on the lower part of the spinal cord or on nerve roots branching out from that area may give rise to pain or numbness in the legs. Pressure on the upper part of the spinal cord (that is, the neck area) may produce similar symptoms in the shoulders, or even the legs.

Source: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Websites

http://www.orthoinfo.org/fact/thr_report.cfm?Thread_ID=128&topcategory=Spine

American Academy of Orthopedic Surgeons: Lumbar Spinal Stenosis

This website provides general information on the spine and information specific to spinal stenosis including causes, symptoms and treatment options.

http://www.niams.nih.gov/hi/topics/spinalstenosis/spinal_sten.htm

National Institute of Arthritis and Musculoskeletal and Skin Diseases: Spinal Stenosis

This April 2009 publication contains general information about spinal stenosis, including the condition's causes, symptoms, diagnosis, and treatments, plus a list of additional resources.

<http://www.nlm.nih.gov/medlineplus/spinalstenosis.html>

Medline Plus: Spinal Stenosis

Medline Plus provides a general overview of spinal stenosis (including symptoms, diagnosis, and treatments), as well as links to information on other related conditions and research.

<http://www.spinalstenosis.org/>

Spinal Stenosis

Spinal Stenosis provides information about the diagnosis and treatment of lumbar spinal stenosis. The website includes a blog with articles on spinal stenosis and research.

<http://www.spine-health.com/conditions/spinal-stenosis>

Spine-Health.com: Spinal Stenosis

Spine-Health provides information on spinal stenosis and treatment options. The website includes videos and blog entries.

<http://www.emedicine.com/med/topic2889.htm>

eMedicine: Spinal Stenosis

eMedicine provides clinical information on spinal stenosis, including diagnosis and treatment.

<http://www.spineuniverse.com/conditions/spinal-stenosis>

SpineUniverse

SpineUniverse provides information on spinal stenosis and treatment options. The website includes videos, articles, a community forum and physician listings.

The following books are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

Books

- Parker, James and Philip Parker. **The Official Patient's Sourcebook on Spinal Stenosis: A Revised and Updated Directory for the Internet Age.** San Diego, CA: Icon Health Publications, 2002.
- **Questions and Answers About Spinal Stenosis.** Bethesda, MD: U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases, 2004.

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