



## **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

### **American Academy of Orthopedic Surgeons**

[http://www.orthoinfo.org/fact/thr\\_report.cfm?Thread\\_ID=128&topcategory=Spine](http://www.orthoinfo.org/fact/thr_report.cfm?Thread_ID=128&topcategory=Spine)

Addresses risk factors/prevention, symptoms, treatment options.

### **National Institute of Arthritis and Musculoskeletal and Skin Diseases**

[http://www.niams.nih.gov/hi/topics/spinalstenosis/spinal\\_sten.htm](http://www.niams.nih.gov/hi/topics/spinalstenosis/spinal_sten.htm)

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

### **Medline Plus: Spinal Stenosis**

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

Overview of what spinal stenosis is as well as links information on other related conditions, and clinical trials.

### **Spinal Stenosis**

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

Provides information about the current standard of care in the diagnosis and treatment of symptomatic lumbar spinal stenosis to people with spinal symptoms, medical health care providers and researchers.

**Spine-Health.com: Lumbar Spinal Stenosis**

<http://www.spine-health.com/topics/cd/overview/lumbar/old/spinsten01.html>

An overview of lumbar spinal stenosis and treatment options.

**eMedicine: Spinal Stenosis**

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

Includes synonyms for stenosis, diagnostic procedures, and possible complications

**SpineUniverse.com**

<http://www.spineuniverse.com/displayarticle.php/article1338.html>

Links to video on spinal stenosis and to related articles.

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click the Lending Library tab.

**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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