



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

American Academy of Orthopedic Surgeons: Lumbar Spinal Stenosis

<http://orthoinfo.aaos.org/topic.cfm?topic=A00329>

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

National Institute of Arthritis and Musculoskeletal and Skin Diseases: Questions and Answers About Spinal Stenosis

http://www.niams.nih.gov/Health_Info/Spinal_Stenosis/default.asp

National Institute of Arthritis and Musculoskeletal and Skin Diseases: What is Spinal Stenosis?

http://www.niams.nih.gov/Health_Info/Spinal_Stenosis/spinal_stenosis_ff.asp

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

eMedicine: Spinal Stenosis

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

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

Houston Methodist: A Patient's Guide to Cervical Spinal Stenosis

www.houstonmethodist.org/orthopedics/where-does-it-hurt/neck/cervical-spinal-stenosis/

Know Your Back.org: Cervical Stenosis, Myelopathy and Radiculopathy

www.knowyourback.org/pages/spinalconditions/degenerativeconditions/cstenosis_myelopathy_radiculopathy.aspx

Medline Plus: Spinal Stenosis

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

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.

Spine-Health.com: Spinal Stenosis

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

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

SpineUniverse

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

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

University of Maryland Medical Center: Lumbar Spinal Stenosis

<https://www.umms.org/ummc/health-services/orthopedics/services/spine/patient-guides/lumbar-spinal-stenosis>

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