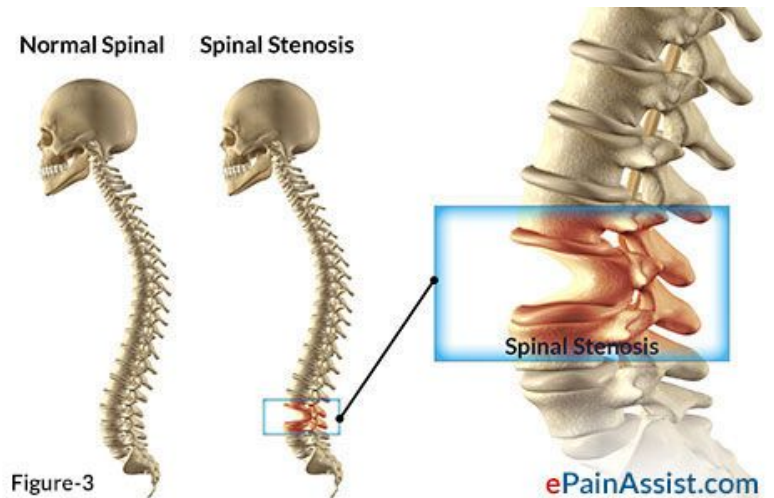


Spinal Stenosis

Spinal Stenosis is a narrowing of the space in the spinal canal or where the nerve roots exit the spine. This generally takes place over the passage of many years and may be the result of progressive arthritis in the spine (Degenerative Joint Disease).

As we age, most of our spinal disks begin to lose water content. This progressive narrowing affects the spacing of the vertebra and can begin to alter the openings where the nerves exit. Calcium deposits form over time, producing spurs and may further narrow the spinal canal. All of these changes can be progressive over many decades or can be accelerated from previous injuries or repetitive activities. Weight, smoking, and genetic factors also strongly influence this disorder.



DIAGNOSIS:

Diagnosis of Spinal Stenosis is done through clinical methods. That is your history, exam findings and plain x-rays very often lead to this conclusion. For definitive verification, more complex tests are many times used such as **MRIs**, **C.T.** scans, or **EMG** studies. Your doctor wants to be as accurate as possible in determining the source of your symptoms.

WHAT CAN YOU DO?

Your doctor or therapist understands the complex anatomy and biomechanics of your spine. Their recommendations should be your primary guide. Together with their care and your active involvement, this condition can be managed effectively.