

About Spinal Stenosis

Spinal stenosis results from new bone and soft tissue growth on the vertebra, which reduces the space in the spinal canal. When the nerve roots are pinched, a painful burning, tingling and/or numbing sensation is felt from the lower back down to the legs, and sometimes all the way to the feet. Nerve pain radiates down one or both legs through the sciatic nerve.

THE NORMAL SPINE

The spinal canal has a rounded triangular shape that holds the spinal cord without pinching. Nerve roots leave the spinal canal through openings called nerve root canals which are also free of obstruction.

THE AFFECTED SPINE

New bone growth within the spinal canal causes compression of the nerve roots, which leads to the pain of spinal stenosis.