

# Spinal Stenosis

Spinal stenosis is defined as a narrowing of the spinal canal. This can result in pain due to impingement of the spinal cord and associated nerves. The pain of spinal stenosis is generally experienced in the low back and legs. Many will report cramping or weakness in their legs with prolonged walking or standing. The risk for spinal stenosis increases with advancing age.

Spinal stenosis pain can result from bulging discs and/or arthritic degeneration of the spine. It can significantly decrease mobility and lead to significant limitations in daily activities.

Your pain physician will obtain a detailed history and physical exam to diagnose spinal stenosis. Often time additional radiographic imaging may be obtained to confirm the diagnosis and level of stenosis. An MRI is the most common imaging modality used.

## Treatment of Spinal Stenosis Pain

Several treatment methods are available which will be discussed on your visit. Physical therapy may be useful to maintain strength and range of motion. Several different types of medication therapies may be tried to help control symptoms of spinal stenosis. Interventional options such as epidural steroid injections may be used to reduce the existing inflammation and irritation. In severe refractory cases surgical evaluation may be considered to decompress the spinal canal.

Our highly trained Spinal Stenosis pain physicians and specialists care about improving your pain and quality of life. For more information on how Pain Specialists of Orange County can help treat your Spinal Stenosis Pain, please contact us at 949-297-3838.