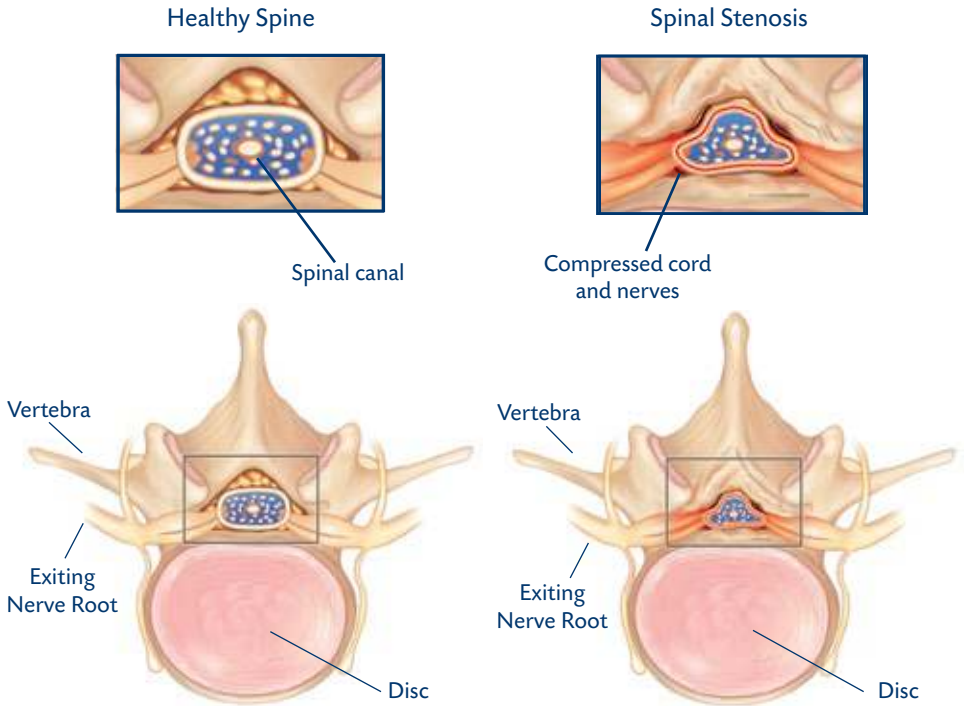


Spinal Stenosis

Spinal stenosis is the narrowing of areas in the spine where nerve roots and the spinal cord must travel. It is most commonly caused by age-related spinal degeneration. This narrowing can put pressure on the nerves and cause pain.



Symptoms often start gradually over time. Pain is likely to be present or worsen when you stand or walk, and lessen or disappear when you sit down or lean forward. Typically, people suffering from lumbar spinal stenosis will experience pain, tingling weakness or numbness that radiates from the lower back into the buttocks and legs.