

A light blue, stylized outline of a human figure, showing the head, neck, shoulders, and torso. The lines are thick and smooth, creating a minimalist silhouette.

## **LUMBAR SPINAL STENOSIS**

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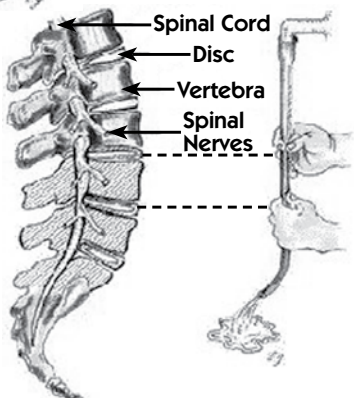
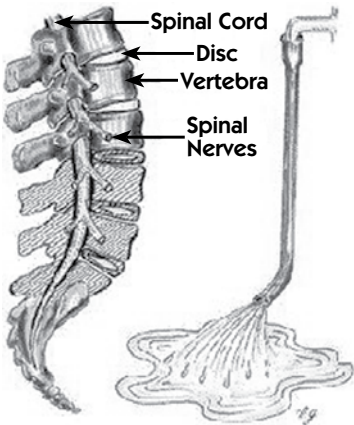
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## LUMBAR SPINAL STENOSIS

The spinal canal is like a tunnel that runs up and down the human spine. This canal sits directly behind the bony blocks, called vertebrae, that make up the spine.

The spinal canal contains the nerves, or spinal cord and nerve roots, that run from the brain to all areas of the body.



This brochure is not a substitute for medical care. It has been developed by your physician to help you better understand your spine condition, surgery and post-operative instructions. Please be advised that the statements made within this brochure are intended for general information use only. Your condition or course of treatment may vary. Please check with your physician for variances.

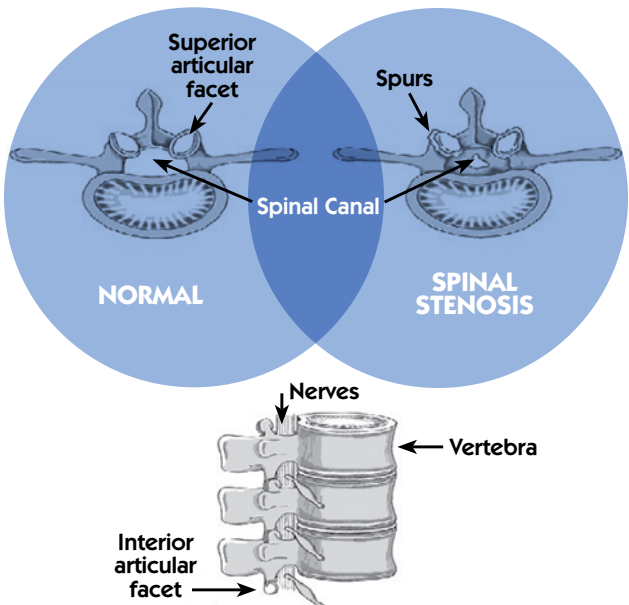


The bony spinal canal is not capable of adjusting size. If the spinal canal becomes narrowed, the nerves housed in the canal may not have enough room. The result is compression of the nerves or spinal cord.

Spinal Stenosis is the term used to describe the narrowing of the spinal canal. It is a slowly progressive back problem that most often responds to conservative, or non-surgical, treatment. Spinal Stenosis more commonly occurs in people over 60, but can be present in younger people who have a small spinal canal. Spinal Stenosis usually causes back and leg pain that comes and goes with activity. For example, a person with Spinal Stenosis may complain about not being able to make it through a trip to the grocery store without pain.

The main symptoms of Spinal Stenosis include a sensation of heaviness, weakness, and pain with walking or prolonged standing. These symptoms appear because the nerve roots are being irritated, upsetting the normal signals that travel from the brain to the body. With rest, these symptoms often disappear.

After a complete review of your history, and a review of X-rays and/or diagnostic tests (plain X-rays, CT scan and MRI), a diagnosis may be made.



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