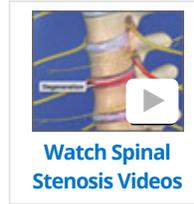


# Spinal Stenosis Health Center

**Spinal stenosis** occurs when the spinal cord in the neck (cervical spine) or the spinal nerve roots in the lower back (lumbar spine) are compressed. Symptoms of **lumbar stenosis** often include leg pain (**sciatica**) and leg tingling, weakness, or numbness. Arm pain is a typical symptom of **cervical spinal stenosis**. For cervical spinal stenosis with myelopathy, difficulty with coordination often occurs.



Stenosis treatment may include non-surgical options (exercise, anti-inflammatory medication, epidural injections, and activity modification) or back surgery.

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- [› Exercises for Lumbar Spinal Stenosis](#)

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- [› Living with Lumbar Spinal Stenosis](#)

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- [› Lumbar Spinal Stenosis Surgery Options](#)

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- [› Lumbar Spinal Stenosis Treatment](#)

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- [› Lumbar Spinal Stenosis: A Definitive Guide](#)

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- [› The Major Types of Spinal Stenosis](#)

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- [› Overall Treatment Considerations for Lumbar Spinal Stenosis](#)

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- [› Pain Management of Lumbar Stenosis](#)

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- [› Postoperative Care after X-STOP Surgery](#)

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- [› Posture and Nutrition Adjustments for Lumbar Stenosis](#)

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- [› Review of Clinical Studies for X-STOP](#)

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- [› Treatment Options for Synovial Cysts](#)

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- [› What is Spinal Stenosis?](#)

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