Spinal Stenosis: Articles and Videos on Stenosis Symptoms, Causes and Treatment

**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.

Complete Listing

- Cervical Foraminal Stenosis
- Cervical Stenosis with Myelopathy
- Exercises for Lumbar Spinal Stenosis
- Explanation of the X-STOP Surgery
- Living with Lumbar Spinal Stenosis
- Lumbar Spinal Stenosis Surgery Options
- Lumbar Spinal Stenosis Treatment
- Lumbar Spinal Stenosis: A Definitive Guide
- The Major Types of Spinal Stenosis
- Overall Treatment Considerations for Lumbar Spinal Stenosis
- Pain Management of Lumbar Stenosis
- Postoperative Care after X-STOP Surgery
- Posture and Nutrition Adjustments for Lumbar Stenosis
- Review of Clinical Studies for X-STOP
- Spinal Cord Compression and Dysfunction from Cervical Stenosis
- Spinal Stenosis Surgery
- Spinal Stenosis Surgery: The X-STOP
- Spinal Stenosis Symptoms and Diagnosis
- Spinal Stenosis Treatment
- Synovial Cyst Symptoms and Diagnosis
- Synovial Cyst in the Lumbar Spine
- Treatment Options for Synovial Cysts
- Types of Spinal Stenosis Surgery
- What is Spinal Stenosis?
- When to See a Surgeon for Spinal Stenosis
- Who is a Candidate for X-STOP Surgery?
- X-STOP Potential Risks and Complications

http://www.spine-health.com/conditions/spinal-stenosis
Related Blog Posts

- Getting the Right Diagnosis for Numb Fingers
- 3 Reasons You May Have a Stiff Neck
- How a Herniated Disc in Your Upper Back Causes Pain, Numbness, and Weakness
- What Is Your Back Muscle Spasm Telling You?
- Back Pain or Baby: An Impossible Choice
- A Visual Guide to Lumbar Spinal Stenosis

Health Information (Sponsored)

- Artificial Disc Replacement and Fusion Surgery
- Scoliosis and Complex Revision Surgery
- Sacroiliac Joint Disorders Discussion Guide
- Fusion Surgery Discussion Guide
- Chronic, Acute, and Complex Spine Conditions
- The Not-for-Profit Healthcare Difference
- Endoscopic Spine Surgery Guide
- Why Choose a Physician Owned Hospital?
- Advantages of Artificial Disc Replacement
- Cervical Spine Treatment Options
- Advantages to Minimally Invasive Spine Surgery
- Disc Replacement for Cervical Spine Pain
- Considering Minimally Invasive Spine Surgery?
- Benefits of Outpatient Spine Procedures

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