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Translated Content

PATIENT CARE & HEALTH INFO	DEPARTMENTS & CENTERS	RESEARCH	EDUCATION	FOR MEDICAL PROFESSIONALS	PRODUCTS & SERVICES	GIVING TO MAYO CLINIC
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Appointments at Mayo Clinic

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Diseases and Conditions

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Spinal stenosis

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Definition

By Mayo Clinic Staff

[Definition](#)

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Spinal stenosis is a narrowing of the open spaces within your spine, which can put pressure on your spinal cord and the nerves that travel through the spine. Spinal stenosis occurs most often in the neck and lower back.

While some people have no signs or symptoms, spinal stenosis can cause pain, numbness, muscle weakness, and problems with bladder or bowel function.

Spinal stenosis is most commonly caused by wear-and-tear changes in the spine related to aging. In severe cases of spinal stenosis, doctors may recommend surgery to create additional space for the spinal cord or nerves.

Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best care.

[Learn more. Request an appointment.](#)



Mayo Clinic in Minnesota has been recognized as the best Neurology & Neurosurgery hospital in the nation for 2014-2015 by U.S. News & World Report.

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Ask about adding **once-daily NAMENDA XR** for moderate to severe Alzheimer's disease.

There is no evidence that NAMENDA XR prevents or slows the underlying disease process in patients with Alzheimer's disease.

IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active

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