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# Neural Foraminal Stenosis



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## Overview



Neural foraminal stenosis, or neural foraminal narrowing, is a type of [spinal stenosis](#). It occurs when the small openings between the bones in your spine, called the neural foramina, narrow or tighten. The nerve roots that exit the spinal column through the neural foramina may become compressed, leading to pain, numbness, or weakness.

For some people, the condition doesn't cause any symptoms and doesn't require treatment. However, severe cases of neural foraminal stenosis can cause [paralysis](#).

If symptoms do occur, they typically happen on the side of the body where the nerve root becomes pinched. In left neural foraminal stenosis, for example, the symptoms will typically be felt in the left side of the neck, arm, back, or leg.

When both sides of the foraminal canal narrow, it's referred to as bilateral neural foraminal stenosis.

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