



Share on:

[Print](#)

Spinal Stenosis

Overview

Spinal stenosis occurs when part of your spine narrows, putting pressure on your spinal cord or nerves. That pressure can cause pain, numbness or weakness in your back, neck, shoulders or limbs. Spinal stenosis can result from injuries, tumors and other diseases. The most common cause is changes in your spine as you age. If your spinal stenosis is severe, you may need surgery.

Why choose Mayo Clinic

Experience. Each year, Mayo Clinic doctors diagnose and treat thousands of people with spinal stenosis.

Advanced techniques. Mayo Clinic patients have access to the latest imaging technology to accurately identify the source of your spinal problems. Mayo specialists are committed to using minimally invasive procedures whenever possible, to speed your recovery.

Team approach. Treating spinal stenosis involves specialists in neurology, orthopedics and physical rehabilitation. Mayo Clinic doctors work together to ensure you receive all the expertise needed to solve your problems.

Efficient care. In many cases you can be diagnosed and start treatment in just a few days.

Mayo Clinic in Rochester, Minn., is ranked among the Best Hospitals for neurology and neurosurgery and for orthopedics by U.S. News & World Report. Mayo Clinic also ranks among the Best Children's Hospitals for neurology and neurosurgery and for orthopedics.

Read more about [spinal stenosis](#) at [MayoClinic.com](#).

Share on:

[Print](#)

VIEWED 06/15/2012

[Terms of Use and Information Applicable to this Site](#)

Copyright ©2001-2012 Mayo Foundation for Medical Education and Research. All Rights Reserved.