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Spinal stenosis

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Definition

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Definition

By Mayo Clinic staff

Spinal stenosis is a narrowing of one or more areas in your spine — most often in your neck or lower back. This narrowing can put pressure on the spinal cord or spinal nerves at the level of compression.



Spinal stenosis

Depending on which nerves are affected, spinal stenosis can cause pain or numbness in your legs, back, neck, shoulders or arms; limb weakness and incoordination; loss of sensation in your extremities; and problems with bladder or bowel function. Pain is not always present, particularly if you have spinal stenosis in your neck.

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

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References

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