

Lumbar Spinal Stenosis

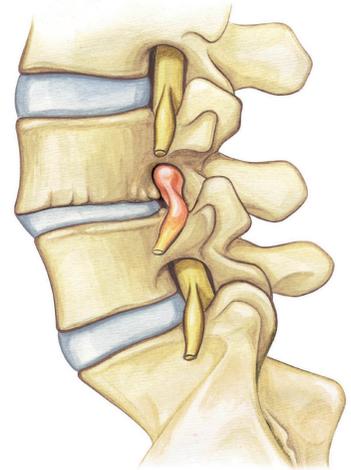
Lumbar spinal stenosis (LSS) is a narrowing of the spinal canal in the lower back. Individuals who have LSS experience intense back pain and occasional weakness or numbness in their back and legs, and are often unable to walk for long periods of time.

How did I get LSS?

LSS is a naturally occurring condition caused by years of “wear and tear,” as well as bone degeneration that is a normal part of the aging process. Over time, the amount of space in the spinal canal becomes increasingly narrow, pinching the nerves in the lumbar spine and significantly reducing the nerves’ ability to exit to the lower extremities.

How can I tell if I have LSS?

The only way to be sure that your discomfort is a result of LSS is to consult with your physician. However, if you have experienced pain in your lower back and buttocks and weakness or numbness in your legs, these may be signs that you have developed spinal stenosis.



These materials were prepared by Paradigm Spine, LLC, and distributed by your local healthcare professional.