

Hope for patients with chronic pain

Syndrome *Spotlight*

SPINAL STENOSIS

Spinal Stenosis is the narrowing of the spinal canal.

The spinal canal is the open space of the spine between the vertebrae. Within the spinal column is the spinal cord. When the spinal canal becomes narrowed, pressure may be put on the spine or surrounding nerves in the area where they leave the spinal cord. This pressure can result in many different types of pain or numbness to the back, neck and extremities such as legs, arms and shoulders.

Spinal Stenosis most often occurs in adults who have developed this condition over time. There are many different factors leading to spinal stenosis such as herniated discs, age, injury, and osteoarthritis.

Spinal stenosis is a degenerative condition. If not treated, permanent damage can cause more severe symptoms.

Symptoms:

Leg pain or tingling: When the nerves in the lower back are being compressed or pinched due to spinal stenosis, leg pain or numbness may occur. Narrowing of the spinal canal can lead to pseudoclaudication, which causes pain in legs when one stands for a long period of time. Symptoms may ease or subside when bending over or sitting down, but persist when standing or walking.

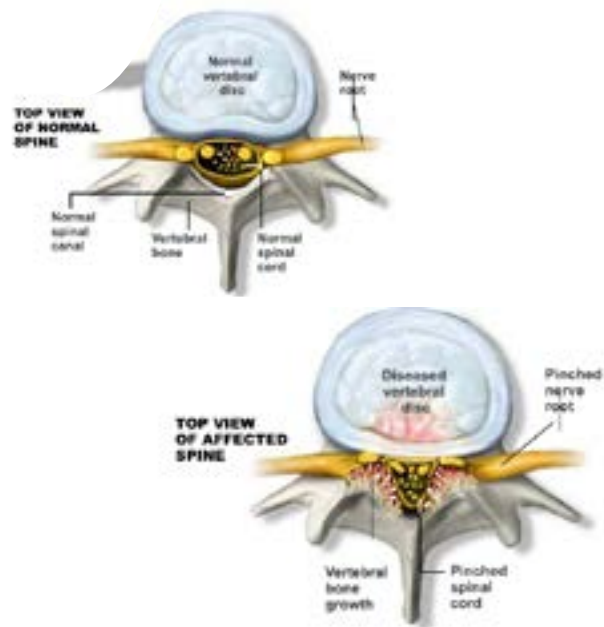
Hip pain: Spinal stenosis can also occur from a herniated disc. If this occurs in the lower back, tingling or pain in the hip, leg, or foot may occur.

Cont'd on back

Our Biofeedback program is in full swing and offered right at the Bay City office. We also continue to work with physical therapist Kent Timm, and Dr. Willmarth of Michigan Behavioral Consultants. We have found these additional services to be instrumental in breaking the pain cycle for some patients.

If you are interested in learning more, checking out the therapy pool, finding out more about Biofeedback, speaking with one of our on-site experts, or setting up a lunch with one of our providers, please give us a call; we would love to hear from you.

If you have immediate feedback please feel free to use our quick online survey. We will use this information to continue to improve the services we offer you and your patients. www.greatlakespain.com/survey.html



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Pain in upper extremities: Pain in the arms, shoulders, and neck may occur when nerves in the upper back are compressed. These nerves are closer to the neck (cervical spine) and may also cause headaches or weakness in upper and/or lower extremities. This is commonly called Cervical Spinal Stenosis.

Treatments: In order to diagnose Spinal Stenosis, a CT scan, Myelogram or MRI may be in order. Once the condition is diagnosed, there are several different treatments depending on the severity of the problem. Simple rest and relaxation, changes in postural habits or physical therapy may be in order for patients with less severe cases. For more complex cases; medication, injection therapy, physical therapy or surgery are also options.

If you want to see more anatomy of conditions and potential treatments, check out greatlakespain.com and select the ViewMedica Patient Education from the home page, see it and print it.

GLPC Pain Specialists

Erik Voogd, MD

Physical Therapy

Horizons Physical Therapy

Behavioral Medicine

Eric Willmarth PhD

Need More Info?

If you have specific questions and would like to have one of our doctors or other providers visit your office for a lunch discussion please call:

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You can also get more information or refer patients online at:
greatlakespain.com