



NEUROSURGERY AND SPINE

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SPINAL STENOSIS

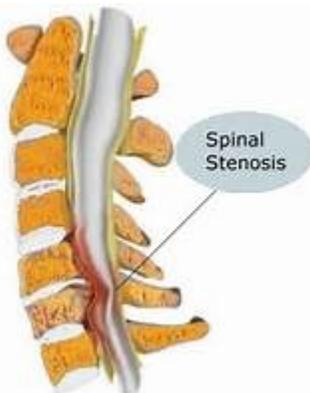
SYMPTOMS AND DIAGNOSIS:

The symptoms of spinal stenosis may, at first, be blamed on a variety of different problems or conditions. Brief intense bursts of pain can be confused with a muscle pull as can the sense of tingling, buzzing or burning often described by individuals with stenosis.

Further confusing the issue can be the fact that some of the symptoms may occur a significant distance from the back itself, an example being tingling or burning in only one part of the lower leg or foot, or weakness in an arm or leg.

Diagnosis includes hands-on examination by the medical team at Axis, often preceded or followed by X-rays or MRIs.

- X-rays are used to rule out other conditions that may be affecting a specific nerve, mimicking the symptoms of stenosis
- MRIs are used to obtain detailed imaging of the spine itself, and the spinal canal (where the spinal cord lies)



CAUSES AND IMPACT OF SPINAL STENOSIS:

The image to the left shows how spinal stenosis can create pressure on nerves. It is this pressure that causes the symptoms of weakness in limbs, pain, burning, and even, in severe cases, loss of bowel or bladder functions. The conditions caused by this pressure on the nerves is called myelopathy

Spinal stenosis, can result simply from aging, as arthritis, bone spurs, or the flattening and drying out of the spinal discs (which cushion and provide spacing to the spinal bones).

Spinal stenosis can also result from injury which has affected the normal height and spacing of the spinal column or has resulted in some mechanical pressure on the nerve roots.

TREATMENT OF SPINAL STENOSIS:

Dr. DenHaese and the team at Axis Neurosurgery and Spine will first evaluate the severity of your spinal stenosis after which they will discuss treatment options with you.

In more mild cases of stenosis, or in individuals who are reluctant to consider surgery for more advanced cases, the team may treat you with non-surgical approaches including:

- Physical therapy and exercise
- Lifestyle changes
- Injections
- Treatment with oral medications



EXAMPLES OF NON-SURGICAL TREATMENT OF SPINAL STENOSIS: DO NOT ATTEMPT WITHOUT SPEAKING TO A PHYSICIAN!!

For advanced stenosis, surgical treatment may be necessary.

Dr. DenHaese however, specializes in minimally invasive procedures for treatment of spinal stenosis, and depending specifically upon your case, may be able to perform a minimally invasive procedure to correct your problem.

With minimally invasive surgery, there is lower risk for complications, faster recovery time and often, faster return to normal activities.