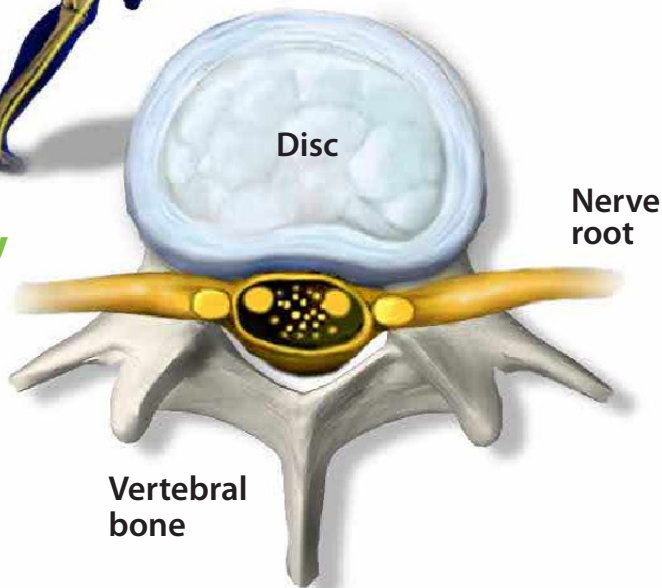


## Spinal Stenosis

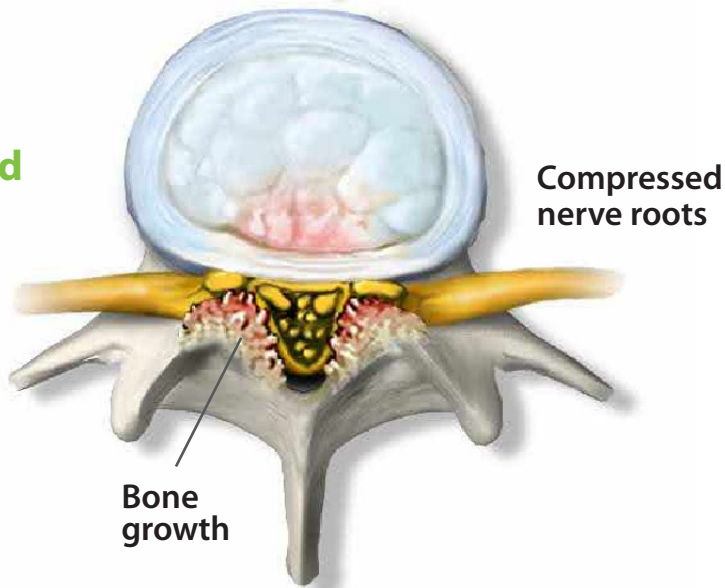


Stenosis can cause pain to radiate to legs and feet.

**Healthy Spine**



**Affected Spine**



### Overview

Spinal stenosis results from new bone and soft tissue growth on the vertebrae which reduces the space in the spinal canal. When the nerve roots are pinched, a painful burning, tingling and/or numbing sensation is felt from the lower back down to the legs and sometimes all the way to the feet.

### Healthy Spine

In a healthy spine, the spinal canal has a rounded triangular shape that holds the spinal cord without pinching. Nerve roots leave the spinal canal through openings called nerve root canals which are also free of obstruction.

### Affected Spine

New bone growth within the spinal canal causes compression of the nerve roots which leads to the pain of spinal stenosis.