

Spinal Stenosis

Lower back pain is one of the most common complaints made by patients who seek treatment at our New Haven office. The American Chiropractic Association reports that over 31 million people are experiencing this kind of irritation at any given moment. One common cause is known as spinal stenosis. One common cause of low back pain is spinal stenosis, but this disorder can also cause pain and numbness anywhere along the spine.

What is Spinal Stenosis?

The spinal column consists of numerous vertebrae that rest upon each other with plenty of openings and gaps to accommodate the spinal cord and the nerves that connect with it. When something causes these openings to shrink, compression occurs that leads to pain and other symptoms. Some cases of spinal stenosis go undetected for years because they don't cause any noticeable signs. There are numerous causes for this spine problem, and each distinct cause requires a different treatment and management approach.

Spinal Stenosis Symptoms

A complete lack of back pain doesn't mean your spine is in perfect health. Diagnostic tests are important even for patients without symptoms because they can catch issues like this before they worsen. However, most patients with spinal stenosis experience:

- Pain and irritation that slowly develops in one or more regions of the spine
- Numbness and tingling in the back, shoulders, hips, or legs
- Radiating sensations down the limbs
- Weakness and cramping in the muscles
- Symptoms that worsen upon use or activity

Cause of Spinal Stenosis

Hunting down the true cause of your troublesome symptoms is required if you don't want your pain to simply grow worse. We can help you determine if your spinal stenosis is linked to:

- Hereditary bone thickening disorders like achondroplasia
- Ligament hardening due to age or heavy wear and tear on the spine
- Scoliosis

- Herniated and bulging discs
- Weaknesses in one section of the back due to muscle, ligament, or tendon injury
- Spondylolisthesis
- Slipped vertebrae due to sports injuries or car accidents
- Degenerative diseases like osteoarthritis and rheumatoid arthritis

Spinal Stenosis Risks

Unlike some back problems, spinal stenosis usually can't be avoided. It is more common in adults over the age of 50, and can be caused by unexpected car accidents or other injuries. No matter the cause, a serious case of spinal stenosis could lead to serious health risks like:

- Loss of mobility and bladder or bowel control in severe cases
- Development of bone spurs on the vertebrae
- Advanced nerve damage that leads to intense pain
- Paralysis if the major nerve roots are involved

Spinal Stenosis Treatment Options

If you treat the problem early, the conservative treatments we provide at our convenient New Haven location could be all you need. We will design a custom treatment plan that includes components like:

- Cervical & lumbar decompression
- Chiropractic adjustment that can release pressure on the nerves and realign your vertebrae
- Muscle manipulation through massage to reduce inflammation that is compressing an area
- Lumbar traction treatments to gently stretch apart compressed sections of the spine
- Guided stretching and physical therapy exercises
- Referrals for additional treatments if you are diagnosed with a chronic illness like rheumatoid arthritis

Conquer Your Spinal Stenosis with Proper Care

We are ready to help patients solve their spinal stenosis issues here at Spinal Healthcare & Physical Medicine. There is no reason to let slipped vertebrae or bone deposits ruin your daily routine with chronic pain, numbness & tingling, and leg pain. Support overall spine health by seeking noninvasive treatments in our full service clinic, which is conveniently located for all residents of New Haven and surrounding areas of Fort Wayne, Woodburn, Hoagland, and Monroeville, IN.

Call now for a FREE Consultation (260) 493-6565). Consultations can be done online, via the phone, or in person.