

A Report on Spinal Stenosis Sharadha K

Received: September 08, 2021; **Accepted:** September 22, 2021; **Published:** September 29, 2021

Department of Microbiology, Jawaharlal
Nehru Technological University, Hyderabad,
Telangana, India

Commentary

Spinal stenosis is a narrowing of the spaces within your spine, which can put pressure on the nerves that travel through the spine. Spinal stenosis occurs most often in the lower back and the neck. Some people with spinal stenosis may not have symptoms. Spinal stenosis is a narrowing of the spinal canal to a degree where the spinal cord or nerve roots become compromised. Spinal stenosis may occur throughout the spine, but it is most common in the lumbar spine. However, spinal stenosis is most dangerous in the cervical spine due to its proximity to the spinal cord. The symptoms of spinal stenosis typically respond to conservative treatments, including physical therapy and injections.

It occurs from spinal stenosis that causes pressure on the spinal cord. If untreated, this can lead to significant and permanent nerve damage including paralysis and death. Symptoms may affect your gait and balance, dexterity, grip strength and bowel or bladder function. If you have spinal stenosis, and it is serious enough that you are unable to work or perform normal day-to-day activities, it may result in permanent disability and you might want to apply for Social Security disability benefits. The symptoms are often so gradual, that patients seek medical attention very late in the course of this condition. Patients may be so disabled and weak that they require the use of a wheelchair for mobility.

In rare instances, severe spinal stenosis can cause paraplegia and/or bowel/bladder incontinence. Depending on its severity, untreated stenosis can become debilitating or even fatal. Mild cases of spinal stenosis can be treated through symptom management. For severe cases, especially those that affect quality of life or the nervous system, doctors might recommend surgery. Arthritis is the most common cause of spinal stenosis. While spinal stenosis can affect younger patients, it is most common in those 60 and older.

Acetaminophen (e.g., Tylenol), aspirin, ibuprofen (e.g., Motrin, Advil), and naproxen (e.g., Aleve) are examples of OTC analgesics that your doctor may recommend for spinal stenosis. While some analgesics only relieve pain (such as acetaminophen), others reduce pain and inflammation. Lumbar spinal stenosis, a condition characterized by a narrowing of the spinal canal in your

*Corresponding author: Sharadha K

✉ katravathsharadha8@gmail.com

Department of Microbiology, Jawaharlal
Nehru Technological University, Hyderabad,
Telangana, India.

Tel: 9177390873

Citation: Sharadha K (2021) A Report on
Spinal Stenosis. Spine Res. Vol.7 No.5:34

lower back, can also cause back pain, weakness or numbness in your legs, and loss of bowel or bladder control. Spinal stenosis is generally not progressive. The pain tends to come and go, but it usually does not progress with time.

The natural history with spinal stenosis, in the majority of patients, is that of episodic periods of pain and dysfunction. Gabapentin can greatly reduce pain, but it is not effective in reducing the disability of spinal stenosis patients in the long term. In our study, a follow-up period was three months for all patients. Symptoms and scores continued to be stable during that period. The symptoms are often so gradual, that patients seek medical attention very late in the course of this condition. Patients may be so disabled and weak that they require the use of a wheelchair for mobility.

In rare instances, severe spinal stenosis can cause paraplegia and bowel incontinence. Gabapentin can greatly reduce pain, but it is not effective in reducing the disability of spinal stenosis patients in the long term. In our study, a follow-up period was three months for all patients. Symptoms and scores continued to be stable during that period. Spinal stenosis is generally not progressive. The pain tends to come and go, but it usually does not progress with time. The natural history with spinal stenosis, in the majority of patients, is that of episodic periods of pain and dysfunction.