

Spinal Stenosis

More common and more manageable than it sounds

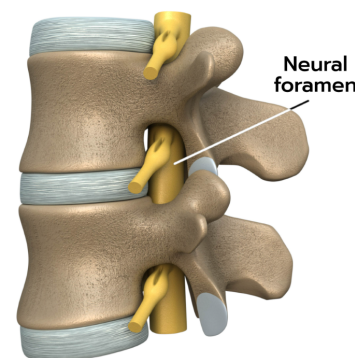
"Stenosis" simply means the space around the nerves in your lower back has **narrowed**, usually a normal part of getting older. It sounds alarming, but the outlook is often better than the word suggests, and there's a lot we can do to help.

What it is

Your spine has channels that give the nerves room to pass through. Over the years, normal age-related changes, in the discs, joints, or ligaments, can gradually **narrow that space**. When the nerves have less room, they can become irritated, especially in certain positions.

The scan doesn't decide your future

Here's the reassuring part: **narrowing on a scan doesn't reliably predict pain**. Many people have clear stenosis on imaging and few or no symptoms. A report that says "stenosis" isn't a sentence, it's one piece of the picture, and how you feel and move matters far more.



The nerves exit the spine through openings called the neural foramen.

THE TELLTALE PATTERN

Stenosis has a recognizable signature: **leg aching, heaviness, cramping, or tingling that comes on with standing and walking, and eases when you sit or lean forward**. Many people feel better leaning on a shopping cart. That "better when bent forward" pattern is a helpful clue, and it points us toward positions and exercises that give you relief.

A GREAT PLACE TO START

Most people manage stenosis well without surgery. Conservative care is the recommended first step and helps across the board, mild or more advanced. Symptoms tend to wax and wane rather than steadily worsen, and staying active keeps you moving. If a case ever does need a surgeon, we'll help you recognize it.

How we help

- **Position & movement strategies** that open up the space and ease symptoms
- **Targeted exercise** to build strength and walking tolerance
- **Hands-on care** to improve mobility and comfort
- **Activity coaching** so you keep doing what matters to you



When to seek prompt attention

Most stenosis is not an emergency, but seek prompt medical care for **loss of bladder or bowel control, numbness in the groin or saddle area, or rapidly worsening weakness or numbness in the legs**. These are uncommon but need attention right away.

The takeaway: stenosis is common age-related narrowing, not a countdown. Most people stay active and comfortable with the right guidance, and we'll build a plan to keep you moving.

New Market Chiropractic + Rehabilitation
164 W. Main St., Suite D, New Market, MD 21774
301-865-8333