

# Focus On: Lumbar Spinal Stenosis

Your spine is a long stack of bones.

These stacked bones are called vertebrae.

Each bone, or vertebra, has a hole in the middle.

This area is called the spinal canal.

Your spinal cord runs through the spinal canal.

Lumbar spinal stenosis is a narrowing of the spinal canal in the lower back.

Bone growths, weak discs, or other tissue can push into the canal and can put pressure on your spinal cord or on the nerves where they exit out of the spinal canal.

This is most often caused by arthritis. It usually happens over many years.

The symptoms of lumbar spinal stenosis are pain, numbness, or weakness—most often in the back, legs, feet, and buttocks.

You may feel these symptoms when you walk or stand, but they usually go away when you sit down.

You may be able to get relief by taking medicine.

Other treatments include physical therapy, steroid injections, or surgery.

To learn more about lumbar spinal stenosis, talk to your doctor.