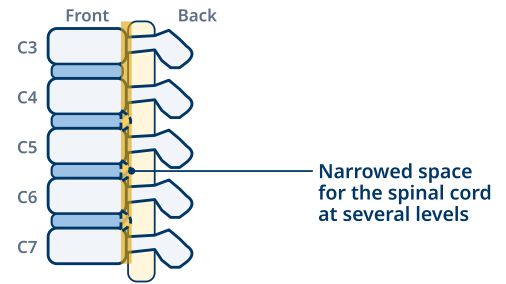


Cervical Spinal Stenosis

What it is

Cervical spinal stenosis means the space for the spinal cord and nerves in the neck has become narrow. It can cause neck pain or arm symptoms. In some people, it can press on the spinal cord.



Common symptoms

- Neck pain and stiffness
- Pain, numbness or tingling into the shoulder, arm or hand
- Weak grip or clumsy hands
- Balance or walking changes (a sign of cord compression)

Self-care tips

- Watch for changes in your hands, balance or walking, and tell us right away.
- Avoid activities with a high risk of falls or neck injury.
- Do not crack or force your neck.
- Keep all follow-up visits, even if you feel stable.

What to expect at GSMC

At your visit: A spine specialist asks about your symptoms and checks your strength, feeling and walking.

Tests: You may need X-rays, an MRI or a CT scan.

Your plan: Many people start with care that does not involve surgery. Surgery is discussed only if it may help.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/spine/conditions/cervical-spinal-stenosis/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.