

Spinal Stenosis

What it is

Spinal stenosis means the space for the nerves in the spine has become narrow. This can squeeze the nerves. It often causes leg pain or heaviness when you stand or walk.

Common symptoms

- Leg pain or heaviness when standing or walking
- Relief with sitting or leaning forward
- Numbness or tingling in the legs
- Low back pain
- Reduced walking distance

Self-care tips

- Stay as active as you can. Short, easy walks may help.
- Change position often. Try not to sit for more than 30 to 45 minutes at a time.
- Heat or ice for 15 to 20 minutes may ease pain. Put a towel between it and your skin.
- Lift with your legs, keep the load close to your body, and do not twist.

Call 732-202-3000

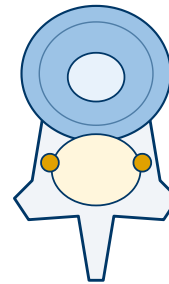
One number for all offices. Questions about this handout? We are glad to help.

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

gsmedicalcenter.org/conditions/spinal-stenosis/

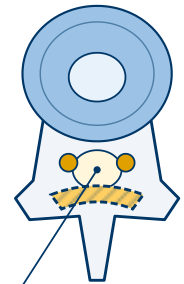
This handout is general information and is not a substitute for medical advice.

Normal space



View from above

Narrowed space



Thick tissue and bone crowd the nerves

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

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.



Scan for the full web page