

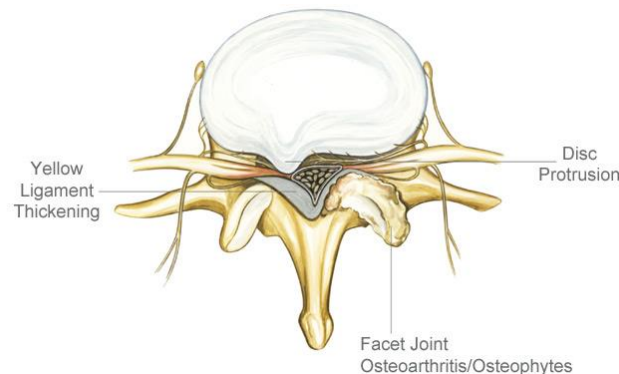


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## Cervical Spinal Stenosis

### What is it?

Compression and irritation of the nerves that exit your spinal cord. They can be compressed in the spinal canal or as they exit the vertebrae. The most common causes of spinal stenosis are herniated disc or arthritis.



### What are the symptoms?

Most patients have pain in the neck with radiation to the shoulder, arm or hand. Some patients have numbness, tingling & even weakness in the arm or hand

### How is it treated?

- Physical therapy – neck manual therapy, strengthening exercises
- Home neck traction device
- Aerobic exercise – stationary bike, Aquafit
- Medicine – NSAIDs (ie: Ibuprofen, Naprosyn), Muscle relaxants & Nerve pain pills (ie: Gabapentin, Lyrica)
- Cortisone injections – near irritated nerve to reduce swelling around nerve
- Surgery – decompression of area (if conservative treatment fails)

