

SPINAL STENOSIS



Case Study Shows Chiropractic Benefit for Spinal Stenosis

In the May 2001 issue of the Journal of Manipulative and Physiological Therapeutics (JMPT) is a case report of how chiropractic helped a patient with Spinal Stenosis. In this study a 78-year-old man had low back pain and severe bilateral leg pains. Lumbar spinal stenosis (LSS) is a condition resulting in narrowing of the spinal canal and pressure on the spinal cord and/or nerve roots. Degenerative changes are also common. The patient commonly has chronic low back pain and unilateral or bilateral leg symptoms.

The patient in this study was a 78-year-old man with acquired degenerative Lumbar Spinal Stenosis. The onset was slow and progressive with increasing low back pain of two years' duration and progressively worsening bilateral anterior leg pain of four months' duration. The patient described an "achy low back" pain with a belt-line distribution and an "electric," "sharp," and "crampy" pain along the front of the lower leg. The MRI study of his lower back revealed a narrowing of the spinal canal.

In this case the man underwent an initial course of chiropractic care for a two week period during which significant changes were noted by the patient. The conclusion of the case report demonstrates successful care of a patient with symptoms either caused by or complicated by central spinal cord stenosis.



www.AlleghenyHealth.com

Gibsonia
5499 William Flynn Hwy
Gibsonia, PA 15044
724-443-8444

Brackenridge
825 Freeport Road
Brackenridge, PA 15014
724-224-2224

Monroeville
One Racquet Lane
Monroeville, PA 15146
412-372-3772