

Spinal cord stenosis

Spinal cord stenosis is the result of an aging process that has lasted for years. As the spine ages, the vertebral arches, ligaments and vertebral joints surrounding the spinal canal thicken in addition to the degeneration of the intervertebral disc. This occurs much more frequently in the lumbar spine than in the cervical spine. This aging process then leads to increasing narrowing of the spinal canal encompassing the spinal cord. Figure 1 shows a normally wide spinal canal on the left compared to a narrowed spinal canal on the right. A small event, such as a wrong movement or lifting of an object, can then lead to the triggering of symptoms, which then leads to similar nerve pain as in the case of a herniated disc. Often, an additional small disc herniation is also the decisive event for symptom onset (Figure 2). Spinal stenosis is a typical disease of older people aged 60 years and older and is becoming more significant as the population ages.



Figure 1

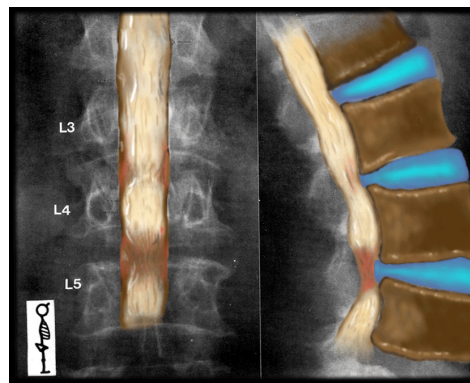


Figure 2