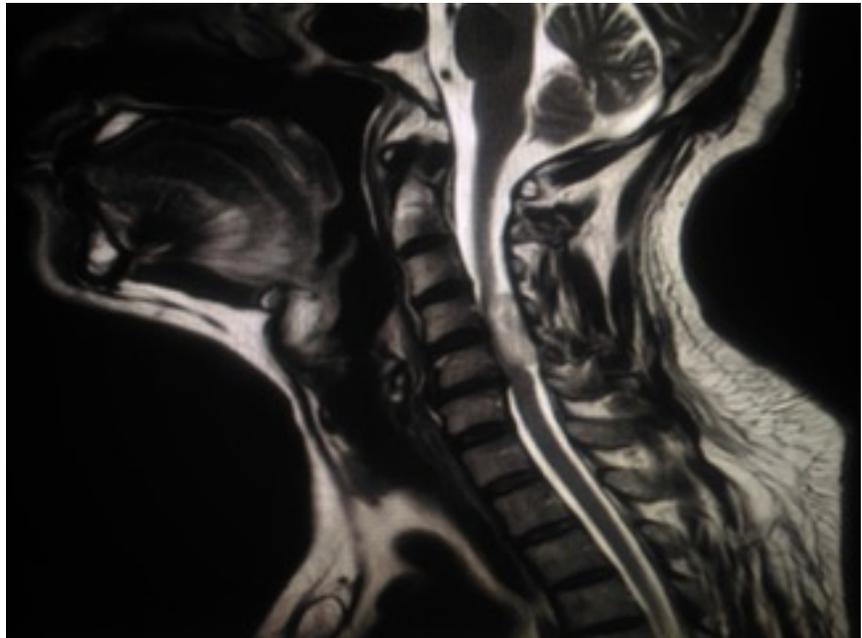


<u>Causes</u>	<u>Symptoms</u>	<u>Treatment</u>	<u>Determining Diagnosis</u>
Degenerative changes are typically the most common cause. These changes include disc height collapse, disc herniations, thickening of ligaments, and arthritic changes cause bone spurs to form called spondylosis.	If only spinal nerve roots are involved, you may experience pain, numbness, tingling, or weakness in the arms or leg called <u>radiculopathy</u> . <u>Myelopathy</u> : Heaviness, drop things, clumsiness, fine motor difficulty	Chiropractic treatment involves postural correction, massage, manipulation of the affected area. Strengthen stabilization musculature. Injections and/or possible surgery if severely alters function or myelopathy	physical exam and collection of health history. In addition you will be asked to share the timeline and triggers of your pain and discomfort. Diagnostic imaging (MRI) is the gold standard for definitive diagnosis.

CERVICAL SPINAL STENOSIS

The spinal cord is a long tubular structure that connects the brain to the peripheral nervous system through spinal nerves, allowing us to move our body, feel our surroundings, and experience pain. The spinal column protects our spinal cord and is made up of bones, joints, discs, soft tissues, and nerves. The spinal cord is housed in the cervical and thoracic spine and normally terminates at the upper lumbar spine where the nerves then spread out and travel freely



through the canal. Cervical and thoracic spinal stenosis can cause pressure on the spinal cord and exiting spinal nerves. Lumbar spinal stenosis can cause pressure on the freely traveling and exiting lumbar spinal nerves. This can be caused by several factors including degenerative changes such as disc herniations, disc height collapse, enlargement of facet joints, arthritis, or thickening of the ligamentous structures. If the central spinal canal or the foramen through which the spinal nerves exit becomes narrowed, you are considered to have spinal stenosis.

