

Vincent E. Paul, MD
 Peter G. Dalldorf, MD
 Dominic W. McKinley, MD
 Justin W. Chandler, MD
www.guilfordortho.com

Frank J. Rowan, MD
 John L. Graves, MD
 Hao Wang, MD
 Mark Dumonski, MD



September 2013 Newsletter

Along with starting school, Fall Sports also begins!

Guilford Orthopaedic and Sports Medicine Center would like to wish you a safe and fun beginning to the fall sports season. Remember, "We work to keep you playing!"



Dr. Wang discusses Lumbar Spinal Stenosis, "LSS"

Lumbar spinal stenosis is a medical condition in which the spinal canal narrows and possibly compresses the nerves at the level of stenosis. This is usually due to the common occurrence of spinal degeneration that occurs with aging. It can also sometimes be caused by a spinal disk herniation, osteoporosis, or tumor. It most commonly happens in the cervical and lumbar spine regions, and it also can be a congenital condition to varying degrees. Lumbar spinal stenosis results in lower back pain as well as pain or abnormal sensations in the legs, thighs, feet, or buttocks, or loss of bowel and bladder control. The common symptoms and signs for lumbar spinal stenosis are lower extremity pain occurring in combination with lower back pain. The leg symptoms in lumbar spinal stenosis are similar to those found with vascular claudication. These symptoms include pain, weakness, and tingling of the leg, and radiation down the posterior part of the leg to the feet. Additional symptoms in the legs may be fatigue, heaviness, weakness, a sensation of tingling, pinching, or numbness and leg cramping. The symptoms are most commonly bilateral and symmetric, but they also may be unilateral. The leg pain is usually more troubling than the back pain. Those symptoms are now preferred to be called neurogenic claudication, and symptoms are typically worse with standing or walking and improved with sitting. The occurrence is often related to posture and lumbar extension. Lying on the side is often more comfortable than lying flat, and sometimes patients will report significant relief when they go to the shopping center by leaning forward on the shopping cart. The diagnosis is based on clinical findings. The plain x-rays of the lumbar or cervical spine may or may not show spinal stenosis, but definitive diagnosis is established by either CT or MRI scanning. The treatment for lumbar spine stenosis includes nonoperative therapies or surgery. A trial of conservative treatment, including activity modification, medications, muscle relaxer, medication to help to stabilize the nerve, including Lyrica and gabapentin, also pain medications. Epidural injection may help the patient to control symptoms for a period of time. If the patient does not respond to those conservative treatments and symptoms are severe and function is limited, then those patients will be required to have evaluation by a surgeon to consider surgical intervention.

Prognosis: Most people with mild to moderate symptoms do not get any worse, and many improve in the short term after surgery.

Spinal stenosis is a common medical condition especially in the elderly population. Other than the mainstream treatment, including medicine, physical therapy, epidural injection, or surgery, alternative treatment also has shown some effectiveness, including chiropractic treatment and acupuncture; however, when patients do experience the symptoms related to spinal stenosis, the patient does need to see the physician to help them to determine future treatment options.

Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Suite 101 Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.