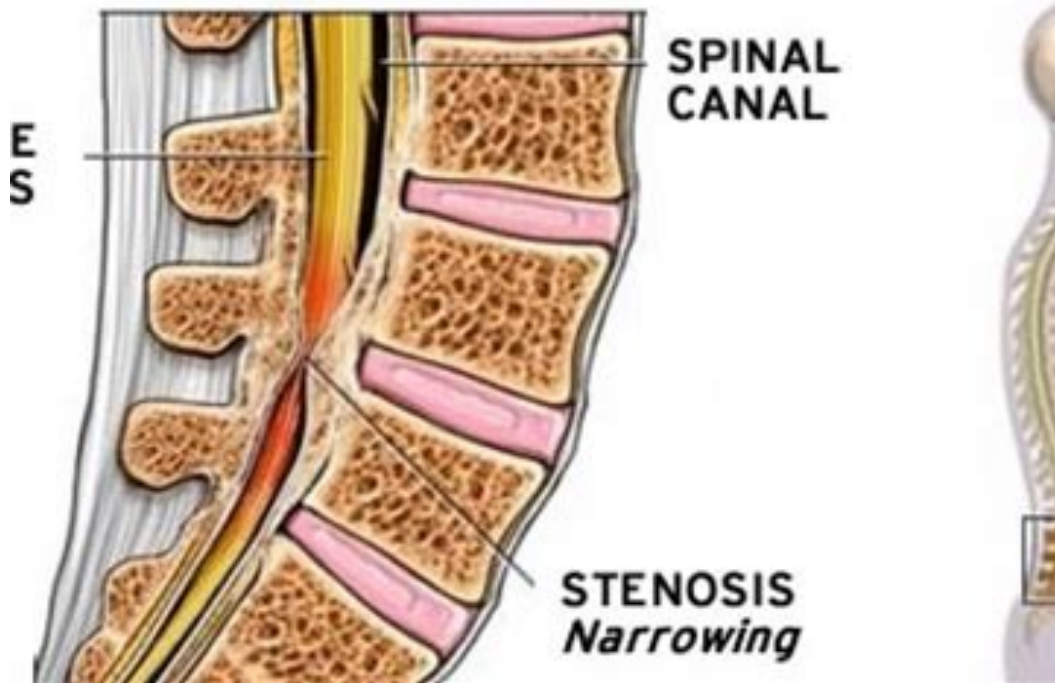


Intro

Spinal stenosis

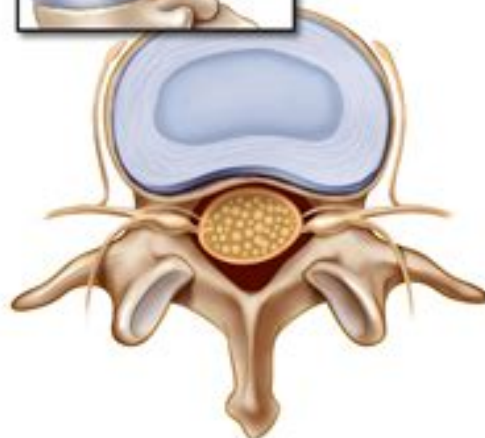
Better understanding of spinal stenosis, both cause and symptoms as well as what x-ray findings mean, will have an important role in treatment. Treatment for spinal stenosis has been driven by a flawed belief of cause. The revolution continues as we tackle a new topic. More and more momentum every week! Podcasts don't change the world, but listeners do. Thank you for helping us to create a seismic shift in the treatment of back pain.

Show notes

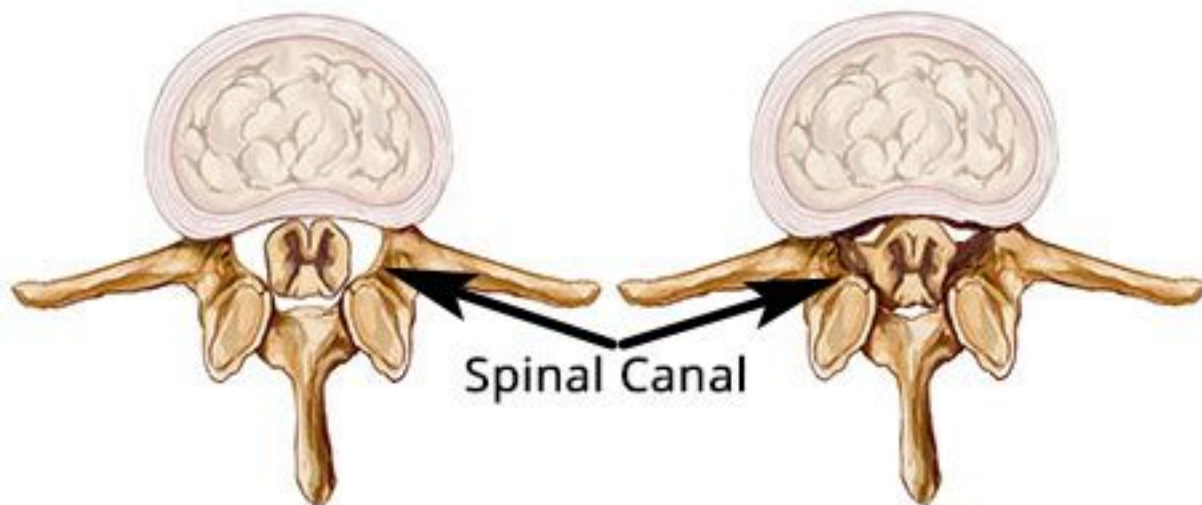
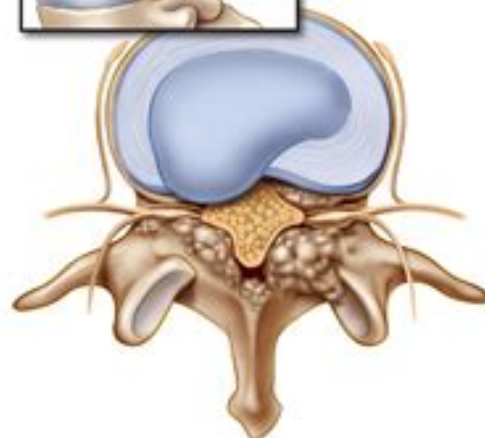




Normal spinal canal size and space for nerves

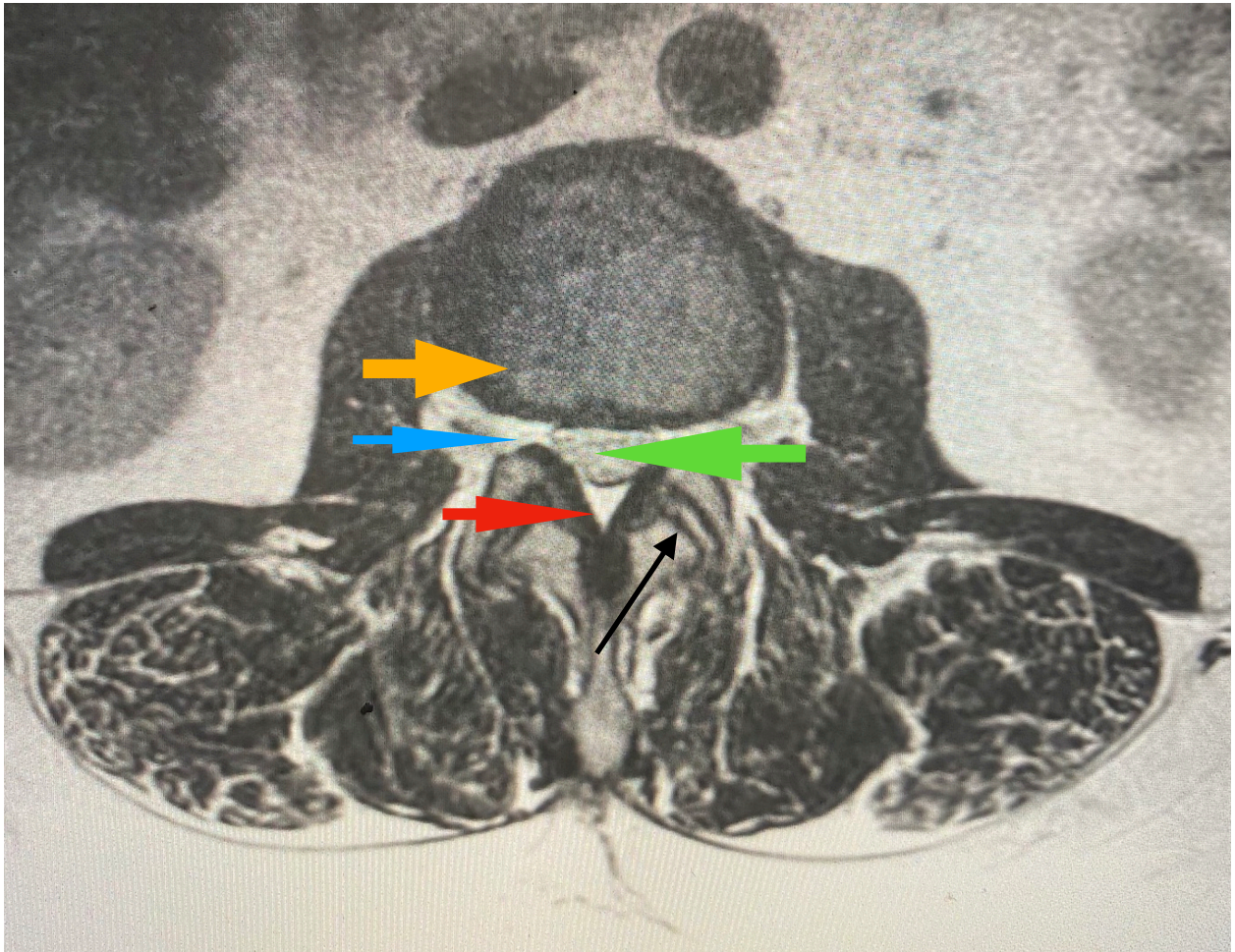


Narrowing with compression of the nerve structures in the spine



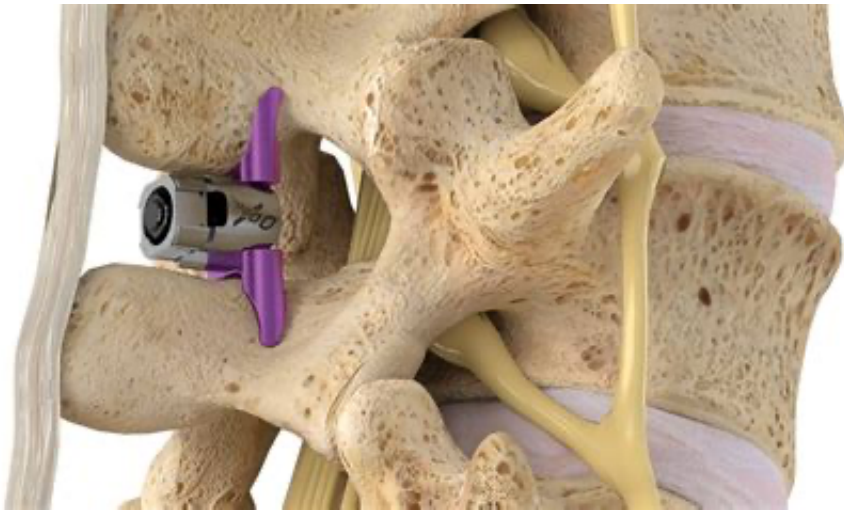
Normal

Stenosis

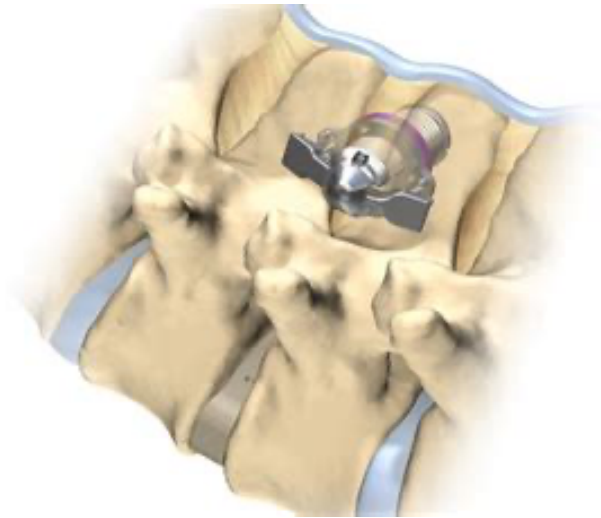


Ligamentum Flavum
 Neuroforamin
 Facet Joint
 Disc
 Spinal Canal

Image 1: medguidance.com
 Image 2 : intermountainhealthcare.com
 Image 3 : saratogaspine.com
 Image 4: Thanks Stacy for letting me use your MRI!



Vertiflex



Minuteman