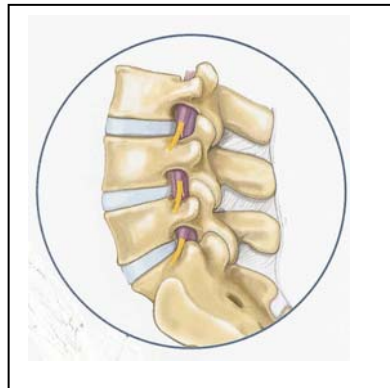


# The story behind your spinal stenosis

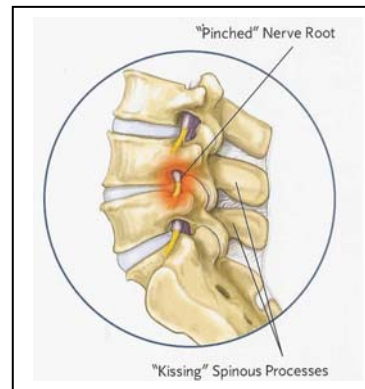
As a gradual result of aging and the “wear and tear” effects of everyday activities on our body, degenerative changes happen to our spine.

## Cause

Surrounding structures of the spinal canal such as bone and soft tissues can thicken or deform, which results in a narrowing of the spinal canal. The spinal cord and nerves that exit the spinal cord get squeezed and pinched, which may cause pain and a feeling of numbness in the back and legs. This is caused “Spinal Stenosis” and mostly develops in people over the age of 50.



The Normal Spine



Compressed Nerves in Spine

## Consequences for you

Spinal Stenosis does not necessarily cause problems. However, if you suffer from Lumbar Spinal Stenosis you may feel various symptoms including:

- Dull or aching back pain spreading to the legs
- Numbness and “Pins and Needles” in your legs, calves or buttocks
- Weakness, or loss of balance
- Decreased endurance for physical activities
- Bowel and/or Bladder problems

These symptoms can increase after walking a certain distance or standing for a period of time.

## Treatment Options

The process of becoming disabled from disorders of the lumbar spine is usually a slow one. Degenerative spinal pain is first treated with non-surgical therapies including pain medication, physical therapy and epidural corticosteroid injections

If these symptoms persist, your consultant will eventually recommend a surgical decompression to relieve pressure on the spinal nerves.

## X-STOP® Interspinous Process Decompression (IPD®)

The X-Stop® IPD® procedure represents a significant breakthrough in the treatment of Lumbar Spinal Stenosis. It is minimally invasive surgical procedure in which an implant called the X-STOP® spacer is placed between two bones in the back of your spine, called “spinous processes”.



The X-STOP® implant is designed to keep the space between your spinous processes open (as it is in a healthy spine), so that when you stand upright, the nerves in your back will not be pinched or cause pain. With the X-STOP® implant in place, there is no longer a need to bend forward to relieve your symptoms

The X-STOP® IPD® procedure can offer several benefits:

- Fast pain relief
- High Patient Satisfaction
- Minimally Invasive surgery
  - Small Incision
  - Less complications
  - Faster return to daily activities
- Your spine will be preserved as much as possible
  - Practically no bone or soft tissue removal
  - Procedure leaving all other treatment options open
  - Extension limiting without influencing any other movement of the spine

This procedure is carried out by Mr Vik Kapoor, Consultant Orthopaedic and Spinal Surgeon

Patients coming to Spire Regency will need a GP referral letter prior to attending for their out-patient consultation.

To make an appointment please call 01625 505412 or for further information please call telephone number 01625 501150

## X-STOP® Interspinous Process Decompression

A minimally invasive treatment for degenerative Lumbar Spinal Stenosis