



# A primary care guide to cauda equina syndrome

Ivan Vidakovic

Consultant Spinal Surgeon

Spire Cheshire Hospital

Spire Manchester Hospital

Warrington and Halton Hospitals NHS Trust



Spire Healthcare

*Looking after you.*



# What do we know?

- meaning?
- symptoms?
- management?





Theory

Examination



Diagnosis

Management



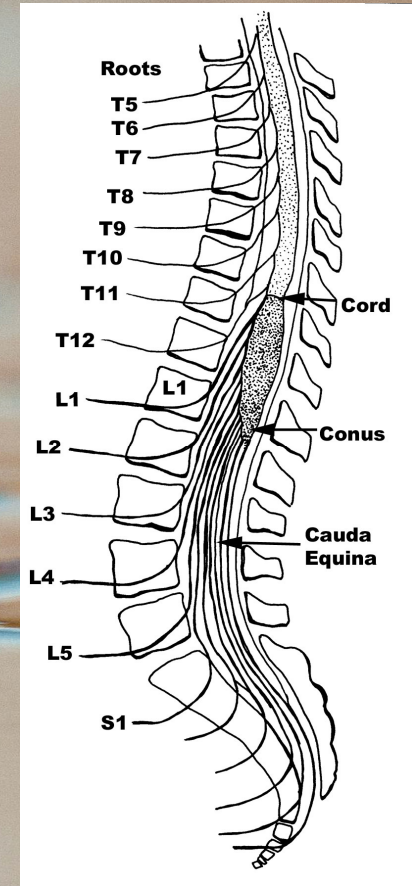
# CES

-“group of symptoms caused by compression on the nerve roots below the conus medullaris”

-0.04% of all LBP

-1% of all disc protrusions

-“True neurologic emergency”







## Examination!

Backache	95%
Leg pain	70%

Saddle an	80%
Leg an	70%

### Bladder sy:

Mild	45%
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Incomplete	15%
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Complete	40%
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### Weakness:

Ankle	85%
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Knee	30%
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Hip	20%
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PR?!



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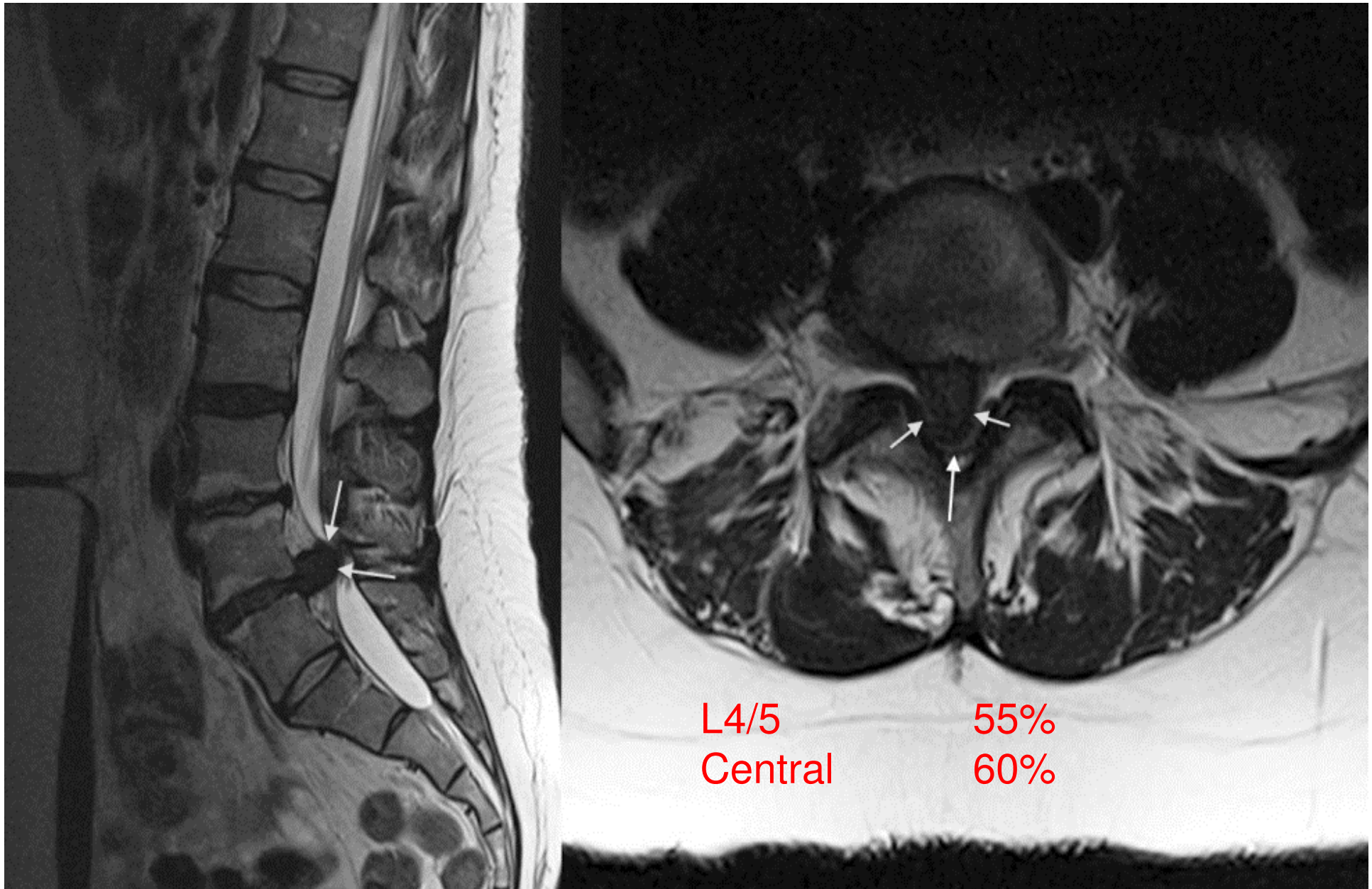
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# REMEMBER 4 QUESTIONS!!!!!!!

1. CAN YOU FEEL THAT YOUR BLADDER IS FULL?
2. CAN YOU FEEL THAT YOU ARE PASSING THE URINE?
3. CAN YOU STOP PASSAGE OF THE URINE AT ANY TIME?
4. CAN YOU FEEL THAT YOU HAVE EMPTIED YOUR BLADDER?







# Treatment





OUTCOME?





# Case discussion

