

Spinal (Lumbar) Fusion/Lumbar Spinal Stenosis - Pinched Nerves in the Back

The lumbar spine is a common source of back problems. Your lumbar spine is located in your lower back. The main function of the lumbar spine is to support the weight of your upper body. The joints of the lumbar spine primarily allow you to bend forward or flex and extend or straighten at the waist. You use lumbar flexion when you bend forward to touch your toes. You use lumbar extension when you straighten your back to stand erect after bending forward.

Your spinal column is made of a series of short bones called vertebrae. An opening in the center of each vertebra forms the spinal canal. Your spinal cord and spinal nerves run through the protected canal and send messages between your body and brain.

Spinal Stenosis is a condition in which the spinal canal is narrowed. The narrowed canal causes pressure on the spinal cord and nerves. Spinal Stenosis may or may not produce symptoms. Many cases of Spinal Stenosis can be treated without surgery. However, some individuals experience severe or progressive nerve involvement, loss of function, and pain. Surgical treatment can relieve pressure on the spinal cord or nerves, restore function, and relieve pain.