



SPINAL STENOSIS

Spinal stenosis is a condition where the spaces in your spine become narrowed, putting pressure on the spinal cord and nerves. This can happen due to aging, wear and tear, or conditions like arthritis. As the space narrows, it can cause pain, numbness, tingling, or weakness, usually in the neck or lower back.



Symptoms of Spinal Stenosis People with spinal stenosis may experience:

- Pain or cramping in the legs when standing or walking
- Numbness or weakness in the arms, legs, or back
- Difficulty with balance or walking

Who is at Risk? Spinal stenosis is more common in people over the age of 50, as well as those with a history of spinal injury, arthritis, or other bone-related conditions.

Treatment Options

Dr. Shankar Acharya offers a variety of treatments, including:

- **Medications** to manage pain and inflammation
- **Physical therapy** to improve strength and flexibility
- **Steroid injections** for pain relief
- **Surgery** in severe cases to relieve pressure on the spine

Dr. Acharya's 30 years of experience as a spine specialist means he can help you find the best treatment option based on your individual needs.



(i) LUMBAR SPINAL STENOSIS

Lumbar spinal stenosis is a common condition, especially as people get older. It happens when the space around the spinal cord in the lower back (lumbar spine) becomes too narrow.

This narrowing can put pressure on the nerves in that area, leading to symptoms that may impact daily activities.



Symptoms

People with lumbar spinal stenosis often experience pain in the lower back, which can radiate down to the legs. They may also feel numbness, tingling, or weakness in the legs, making it harder to walk or stand for long periods. Sometimes, bending forward or sitting down relieves the pain because it reduces pressure on the nerves.

Causes

Lumbar spinal stenosis is commonly due to the natural aging process. As we age, the discs between the spine's bones can wear down, and the joints may enlarge. Arthritis can also contribute to this narrowing, as can injuries or previous surgeries in the spine.

Treatment Options

Treatment for lumbar spinal stenosis depends on the severity of symptoms. Mild cases can often be managed with physical therapy, gentle exercise, and medications to relieve pain and inflammation. In some cases, injections are used to reduce swelling around the nerves. For more severe cases, surgery may be recommended to create more space in the spinal canal and relieve pressure on the nerves. Dr. Shankar Acharya, with his 30 years of experience in spine care, specializes in treating lumbar spinal stenosis, offering

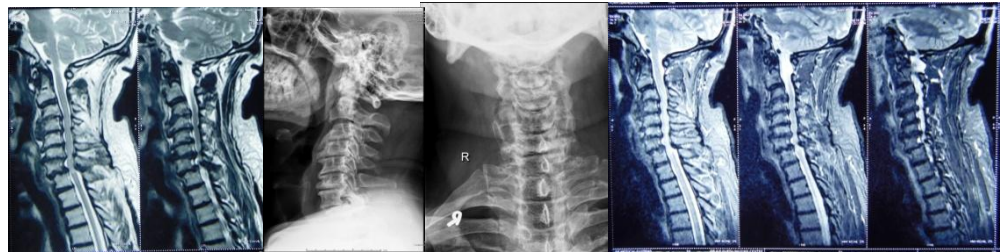


both non-surgical and advanced surgical options at Sir Gangaram Hospital in New Delhi.

When to See a Doctor

If you experience persistent lower back pain, difficulty walking, or numbness in the legs, it's important to consult a spine specialist. Early diagnosis and treatment can improve quality of life and prevent further issues. Dr. Acharya is available to guide you through personalized treatment options and help you find relief.

(ii) CERVICAL



SPINAL STENOSIS

Cervical spinal stenosis is a condition where the spinal canal in the neck (cervical spine) becomes narrow, putting pressure on the spinal cord and nerves. This narrowing can happen due to aging, wear and tear, or arthritis.

Symptoms

People with cervical spinal stenosis may experience pain, numbness, or tingling in their neck, shoulders, arms, or hands. Some may also have weakness in their limbs or issues with balance, which can make daily activities challenging.

Causes

As we age, changes in the spine are natural, and for some, this includes narrowing of the spinal canal. Conditions like arthritis can also lead to extra bone growth (bone spurs) and thickening of ligaments in the spine, both of which contribute to stenosis.



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Treatment Options

- **Non-Surgical Treatments:** Medications, physical therapy, and lifestyle changes can often help relieve symptoms. Many patients find relief with these approaches.
- **Surgery:** If symptoms are severe or if there is risk of nerve damage, surgery may be recommended to relieve pressure on the spinal cord and nerves.

Dr. Shankar Acharya, with over 30 years of experience as a spine surgeon and senior consultant at Sir Gangaram Hospital in New Delhi, specializes in treating conditions like cervical spinal stenosis. His approach focuses on patient comfort and achieving the best possible outcomes.

If you're experiencing symptoms or have questions about cervical spinal stenosis, consulting an expert like Dr. Acharya can help you understand your options and improve your quality of life.



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