

## Beating spinal stenosis struggles

\*\*\*SOT\*\*\*

Avon Morgan  
OSF HealthCare patient

**"Picking up my grandkids. Those are the things I look forward to. They call me Pops. They want Pops to pick them up. It's been hard to do." (:10)**

\*\*\*SOT\*\*\*

Avon Morgan  
OSF HealthCare patient

**"Once I figured out that it seemed like this was going to be a long-term situation, it really affected me. At times, I couldn't lift things. I couldn't lift my grandkids." (:11)**

\*\*\*SOT\*\*\*

Avon Morgan  
OSF HealthCare patient

**"The lidocaine was what stopped the pain for the first four days. It gave the other medication time to work." (:10)**

\*\*\*SOT\*\*\*

Avon Morgan  
OSF HealthCare patient

**"When you have a diagnosis like stenosis, it's something that's not just going to go away quickly. You have to figure out how to manage the issue. Talk with a professional. Hopefully they will be able to guide you." (:19)**

\*\*\*SOT\*\*\*

Dr. Zeeshan Ahmad [ZEE-shawn // ah-MAHD]  
OSF HealthCare pain and spine doctor

**"If the stenosis becomes so bad that the nerves start to feel pressure, that's when symptoms occur." (:08)**

\*\*\*SOT\*\*\*

Dr. Zeeshan Ahmad [ZEE-shawn // ah-MAHD]  
OSF HealthCare pain and spine doctor

**"Doctors feel that the bones are already unstable, and if they do some cutting it will become more unstable. They also see slippage of the bones." (:11)**

\*\*\*SOT\*\*\*

Dr. Zeeshan Ahmad [ZEE-shawn // ah-MAHD]  
OSF HealthCare pain and spine doctor

**"If our muscles and posture are compensating for all the weaknesses that we are developing because of degeneration, the spine is held better. It maintains its space for the nerves." (:12)**