

## Beating spinal stenosis struggles

Run time - :33

### ANCHOR LEDE

Got back or leg pain? Spinal stenosis may be to blame. Tim Ditman of OSF HealthCare has more.

~~~

Doctor Zeeshan Ahmad at OSF says it's when your spinal canal or side canals narrow.

Treatment includes medication, physical therapy, injections or – for severe cases – surgery.

There's no sure-fire prevention, but healthy habits like weight management and good posture can help.

\*\*\*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)**

I'm Tim Ditman

~~~