

Beating spinal stenosis struggles

ANCHOR LEDE

Got back or leg pain? Spinal stenosis may be to blame.

TAKE VO

Doctor Zeeshan Ahmad at OSF HealthCare 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)