

Lumbar spinal stenosis clinical features

Typically causes low back or buttock pain, sensory and motor disturbances, and neurogenic intermittent claudication in the lower extremities.

Upon progressive narrowing of the [lumbar spinal canal](#), patients start to develop the typical symptoms due to compression of the roots of the cauda equina: leg pain (frequently in both legs), exacerbated by walking, prolonged standing or lumbar extension, and sometimes associated back pain ^{1) 2) 3)}.

The characteristic clinical manifestations of LSS include periodic exacerbations of low back and leg pain and [neurogenic claudication](#), with resulting compromise in health-related quality of life, mobility, and independence ⁴⁾.

The symptoms include back pain, aching and cramping of the leg, neurogenic claudication, muscle spasm, neurological deficits including numbness and paraesthesia, reflex loss, motor weakness, muscle atrophy and sphincter disturbance ^{5) 6)}.

Symptoms may radiate from the buttocks to the distal lower extremities and are often accompanied with paraesthesias. In contrast to sciatica symptoms are generally bilateral and localized poorly ⁷⁾.

Lumbar pain

The median duration of lumbar pain occurred 14 years (range 0–60 years) before treatment started

Radicular pain

The mean duration of radicular pain before treatment was 2 years (range 0–37 years).

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