

Treatment Options

In some cases, the pain associated with spinal stenosis can be controlled via non-surgical options. When treating a new patient, doctors may prescribe pain medication or injections, chiropractic care, physical therapy, or massage to relieve the pain. In many cases, these methods are simply not enough to fix the problem.

Surgical Options

When non-surgical treatments have proven to be ineffective at restoring an LSS patient's quality of life, the spine specialist will begin discussions about what surgical options are available.

Decompression

If non-surgical options have failed to relieve the pain associated with spinal stenosis, the surgeon may recommend a surgical decompression procedure. Through a small incision, the surgeon will remove the bone and soft tissue that is putting pressure on the nerves of the spinal canal, allowing them to function properly. Surgical decompression could potentially cause the spine to become unstable.

Decompression with Spinal Fusion

After clearing out the affected area and restoring normal spine function, the surgeon will use metal rods and screws to hold the bones in place while the vertebrae fuse together. While effective at relieving LSS pain and achieving stability, spinal fusion stops the motion in that portion of the spine, resulting in decreased mobility following the surgery.

A New Option for LSS Patients

The **coflex**[®] Interlaminar Stabilization[™] device is a new, non-fusion solution that can provide spinal stability — with greater mobility and faster recovery* — than spinal fusion surgery.



*Claims based on FDA PMA P110008, October 2012.