

## **Q&A – What is Spinal Stenosis?**

### **Ask the Physical Therapist**

By Todd Loehrke, DPT, CMTPT

**Q: My calves' burn when I go shopping. My doctor says it is spinal stenosis, but my back does not hurt. Could this really be the cause?**

**A:** Spinal stenosis is caused by degenerative changes in your back that are typically gradual, reducing the space for your leg nerves as they exit the spinal cord. With upright activities, such as walking or reaching overhead, the nerves get pinched even further, causing your leg pain. Your OST physical therapist will help verify the cause and teach you ways to minimize your leg pain.

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