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PAD: Be Careful of Changes in Your Limbs

Home Health & Illness PAD: Be Careful of Changes in Your Limbs About lumbar spinal canal stenosis

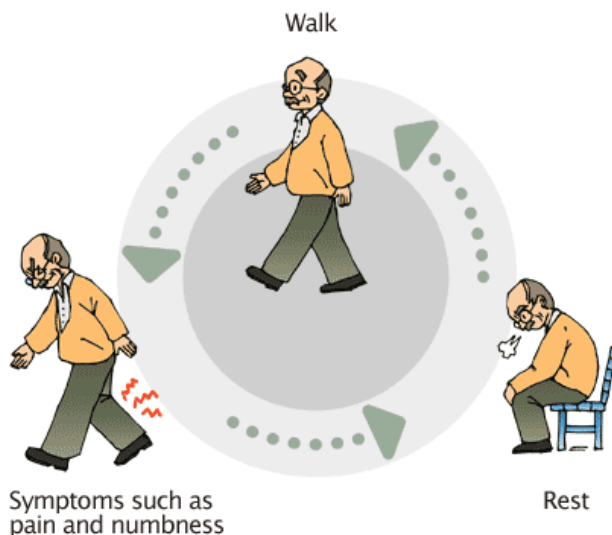
For people with orthopedic diseases

There is another disease that has similar symptoms to PAD. Below is a description of lumbar spinal canal stenosis, focusing on how it differs from PAD and treatment approaches for it.

About lumbar spinal canal stenosis

Intermittent claudication may be caused either by lumbar spinal canal stenosis or by peripheral arterial disease (PAD).

Intermittent claudication refers to the situation in which walking becomes impossible due to pain and numbness in the feet/legs after walking a short distance and then being able to resume walking after resting for a while. The leading causes of intermittent claudication are lumbar spinal canal stenosis, which is a disease of the nerves in the lower back, and PAD, which is a disease of the blood vessels in the feet/legs.



Lumbar spinal canal stenosis is the compression of nerves in the spine of the lower back.

In lumbar spinal canal stenosis the spine in the lower back degenerates, narrowing the spinal canal—the path through which nerves in the spine passes. Narrowing of the spinal canal puts pressure on the nerves inside, causing numbness and pain in the legs and lower back.

■Difference between lumbar spinal canal stenosis and PAD

	Lumbar spinal canal stenosis	PAD
Are your legs painful when standing without walking?	Yes	No

▶ PAD: Be careful of changes in your limbs

About peripheral arterial disease (PAD)

- Introduction: Do you know about PAD?
- What kind of disease is PAD?
- Why does PAD occur?
- How is PAD discovered?
- How can I keep an eye out for PAD?
- PAD diagnosis
- How is PAD treated?
- PAD Q&A

People with vascular disease

- Basic PAD knowledge
- Diagnosis/Treatment/Prevention
- Self-examination

For people with cardiovascular disease

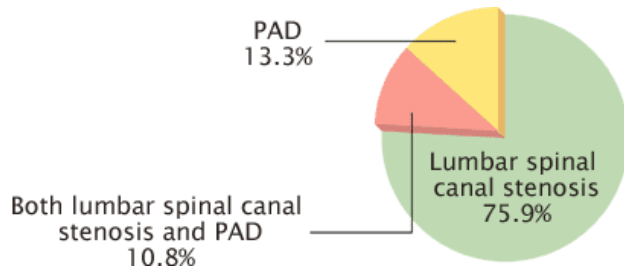
- Basic PAD knowledge
- Diagnosis/Treatment
- Self-examination

For people with orthopedic diseases

- About lumbar spinal canal stenosis
- Basic PAD knowledge

Are your legs painful when riding a bicycle?	No	Yes
Is the pain in your legs relieved by bending forward?	Yes	No
Pulse in the legs	Can be found	Weak or cannot be found

■ Breakdown of intermittent claudication by disease (results from 195 people)



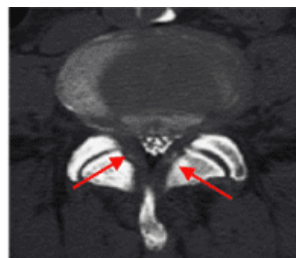
Source: Toribatake, Y., et al.: Orthop. Surg. Traumatol, 2003; 46, 1087-1094 (partially revised)

Aging is the main cause of lumbar spinal canal stenosis.

Degeneration of the lumbar vertebrae that occurs with aging is the main cause of lumbar spinal canal stenosis. It is a disease in which damaged joints and disks and thickened ligaments put pressure on the nerves as if choking them.



Normal



Lumbar spinal canal stenosis

Symptoms of lumbar spinal canal stenosis include leg pain and numbness in addition to intermittent claudication.

Symptoms of lumbar spinal canal stenosis include pain and numbness in the lower back, buttocks, back of the thighs, and calves in addition to intermittent claudication. The legs may also feel weak. Severe cases may be accompanied by paralysis of the legs and loss of bladder and bowel control.

The basic treatments for lumbar spinal canal stenosis are drugs, rehabilitation, and injection therapy.

The first line of treatment for lumbar spinal canal stenosis is treatment using drugs that reduce pain, improve circulation, or relax the muscles.

Depending on the symptoms, a corset may be used to ease the burden on the lower back. Heat therapy, in which heating the affected area to improve blood circulation and relax the muscles alleviates the pain, and exercise therapy consisting of stretching and muscle-building exercises may also be used.

An injection therapy called nerve block is also effective. If these treatments do not produce an improvement and if the condition is interfering with everyday life, surgery may be performed to cut out the bone deformity that is the cause of the stenosis.



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