



Add a Question BETA

What would you like to ask?



**Question** asked by [Chris Gellert, PT, MMusc & Sports Physio, MPT](#) 1615 days ago

# What is the difference between spinal stenosis and intermittent claudication?

[/profile/chris-gellert-1](#)

[More Info](#)

[Add Comment](#)

## Answers (5)



**Answered** by [Joanne Duncan-Carnesciali](#) 1614 days ago

Expert Member Verified

0

[/profile/joanne-duncan-carnesciali](#), [1430 Questions Answered](#), [67 Questions Asked](#)

Spinal stenosis can be both lateral and central and is best treated by a licensed health care professional.

Intermittent claudication is classified as a peripheral vascular disease and in a fitness setting is generally treated under the supervision of a cardiologist and a clinical exercise physiologist. Many Phase III cardiac rehabilitation program design exercises programs for individuals with diagnosed PVD. It is also known as PAD.

Best.

[Add Comment](#)



**Answered** by [Gail McGhie](#) 1591 days ago

Member Verified

0

[/profile/gail-mcghie-1](#), [21 Questions Answered](#), [0 Questions Asked](#)

Spinal stenosis is the narrowing of 1 or more areas of the spine-most often in the neck or lower back. The narrowing can put pressure on the spinal cord or nerves at the level of the compression. It can cause numbness in the legs, back, neck, shoulders, arms, limb weakness and incoordination. There can also be a loss of sensation in the extremities.

Intermittent claudication is a painful circulatory condition. There is too little blood flow especially during exercise. The condition generally affects the blood vessels in the legs but can affect the arms also.

[Add Comment](#)



**Answered** by [Kimberly Chase](#) 1564 days ago

Member Verified

0

[/profile/kimberly-chase](#), [71 Questions Answered](#), [6 Questions Asked](#)

Vague question. Both are described above BUT spinal stenosis can cause nerve compression creating leg claudication/pain while walking. Doesn't necessarily have to be PAD or PVD. "Intermittent" just means comes and goes. Doesn't state the cause.

[4 Comments](#)



**Answered** by [Chris Gellert, PT, MMusc & Sports Physio, MPT](#) 1563 days ago

Verified

0

[/profile/chris-gellert-1](#), [105 Questions Answered](#), [94 Questions Asked](#)

## What is the difference between spinal stenosis and intermittent claudication?

[gellert-](#) [1/questions](#)

[1](#)

Spot on Joanne, now what is the most effective exercise prescription approach considering not only ACSM?

[3 Comments](#) ([/answers/what-is-the-difference-between-spinal-stenosis-and-intermittent-claudication](#)) |



Answered by [vancouver Spine Care Centre](#)

([/profile/vancouver-spine-care-services](#)) 1557 days ago

[1 Questions Answered](#) ([/answers/by/profile/vancouver-spine-care-services](#)), [0 Questions Asked](#)

([/profile](#) ([/answers/by/profile/vancouver-spine-care-services/questions](#)))

[/vancou](#)

[ver-](#)

[spine-](#)

[care-](#)

[services](#)

[1](#)

Spinal Stenosis is a painful condition and your movement is restricted much to your discomfort. If it goes worse in absence of proper care and treatment, then you have to face the painful surgical process. The surgical process of treating also have certain side effects and thus non surgical methods of treating Spinal stenosis is gaining popularity.

Intermittent claudication is a painful circulatory condition and in a fitness setting is generally treated under the supervision of a cardiologist and a clinical exercise physiologist.

<http://www.vancouverspinecarecentre.com> (<http://www.vancouverspinecarecentre.com>)

[Add Comment](#) ([/answers/what-is-the-difference-between-spinal-stenosis-and-intermittent-claudication](#)) |

### Add Answer



Answered by **Anonymous**

Answer this question