



*The Medical **Bulletin***

In Neurology

Lumbar canal stenosis

Claudication is an important symptom of lumbar canal stenosis. Patients typically report pain over the leg upon prolonged standing and walking which is relieved by taking rest and sitting. Lying down, especially in the prone position, may exacerbate the pain due to lumbar extension. This particular feature differentiates this condition from lumbar radiculopathy. Patients may lean forward as would be seen in shopping malls when they are walking with the shopping cart – a phenomenon referred to as shopping cart phenomenon. The condition is common in older individuals and late middle aged people. The etiology is usually multifactorial with disc disease, bony hypertrophy and thickening of ligamentum flavum being the contributory factors. MRI of the lumbosacral spine usually establishes the diagnosis. Conservative measures are initially employed with need for surgical decompression if the same fails.

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