

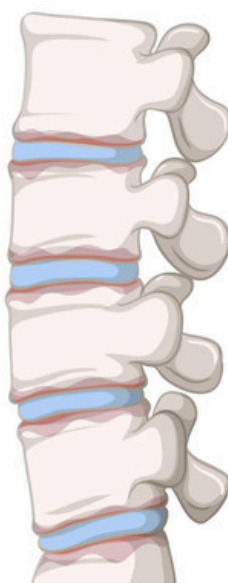


## Spinal Stenosis Procedure in India Is Cost Saving, Choose Us!

Spinal stenosis is a condition when one or more bony openings within the spine begin to narrow and reduce space for the nerves. If you feel back or neck pain, numbness, tingling, weakness in your arms and legs then you do not have to ignore it. Maybe you have spinal stenosis. Spinal stenosis procedure in India will be a good choice because it will be affordable for you. Now we will tell you what exactly is spinal stenosis?



HEALTHY SPINE



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### What Is Spinal Stenosis?

Spinal stenosis is the narrowing of at least one space inside your spine. Less space inside your spine reduces how much space is accessible for your spinal cord and nerves that branch off your spinal cord. A fixed space can make the spinal cord or nerves become irritated, compressed, or pinched, which can prompt back pain and sciatica.

Spinal stenosis generally grows gradually after some time. It is generally ordinarily brought about by osteoarthritis or “wear-and-tear” changes that normally happen in your spine as you age. Thus, you might not have any symptoms for quite a while despite the fact that a few changes may be seen on X-rays or other imaging tests whenever taken for another explanation. Rely on where and how severe is your spinal stenosis. There are two types of spinal stenosis. Cervical stenosis and Lumbar stenosis.

## What Are The Spinal Stenosis Procedure in India?

There are various types of spinal stenosis procedures in India that are available which one is most suitable for you then it is told by a doctor once they will examine your health. Once you choose us then GoMedii will guide and suggest the best and [most affordable treatment option](#).

## How Effective Is Physical Therapy For Spinal Stenosis?

The objective of physical therapy is to reduce pain and permit you to continuously get back to your daily activities. Physical therapy for spinal stenosis includes treatment with physical or mechanical means, for example, through exercise or heat. Physical therapy might decrease your pain in the soft tissues (like the muscles, tendons, and ligaments), further develop capacity, and develop muscle strength. A physical therapist will guide, instruct and support for a better recovery.

## What Is A Treatment For Spinal Stenosis?

Spinal stenosis procedure in India relies on the location of the stenosis and the severity of the signs and symptoms.

- **Medication:** In the first line of your treatment, your doctor will prescribe some medicines to reduce your pain.

- **Physical Therapy:** The doctor will also suggest physical therapy because lazy people have more chances to develop spinal stenosis.
- **Steroid injections:** Injecting corticosteroids close to the space in the spine where nerve roots are being squeezed or where worn areas of bone rub together can assist with decreasing pain, inflammation, and irritation.
- **Decompression procedure:** It is conducted by an X-ray and a contrast agent that is injected during the procedure. The specialist utilizes unique instruments to eliminate a segment of the thickened tendon, which opens up space inside the spinal canal, reducing compression on nerve roots.

## What Are The Home Remedies For Getting Rid Of Back Pain?

If you have back pain then use self-help remedies including:

- Use heating pad
- Use cold pad
- Exercise
- Stretching
- Use pain relief cream
- Get a good sleep

# What Are Some Tips For Diagnosing Cauda Equina Syndrome?

Tests that may be helpful in diagnosing cauda equina syndrome

- Patient history and physical exam
- Magnetic resonance imaging (MRI)
- CT Scan
- Myelogram

Your doctor will recommend any of these tests to diagnose cauda equina syndrome.

## What Is Lumbar Spinal Stenosis?

When the narrowing occurs in the part of the spine in the lower back then it is called lumbar stenosis.

## Can Pain Management Help Spinal Stenosis?

Most of the patients of spinal stenosis have pain in the back or neck. Once you consult with a doctor then they will firstly recommend some pain relief medication so that your pain will be reduced and you may feel better. Still, medication is not the right treatment. If you want to get suitable treatment according to your condition then choose India. Spinal stenosis procedure in India will give you better comfort and it is also a cost-saving treatment option for you. You have to simply drop your query on [GoMedii.com](https://www.gomedii.com), our team will contact you.

## How Risky Is Surgery For Spinal Stenosis?

Once you choose us for your treatment then we will suggest the most suitable treatment option according to your condition. Most of the surgeries have come with some risk but you don't need to worry about it your doctor will recommend the most suitable surgery. There is various surgery to treat spinal stenosis such as laminectomy, laminotomy, laminoplasty, and minimally invasive surgery. Risk in spinal stenosis surgery includes:

- bleeding
- infection
- damage to the nerves
- tissue tears
- chronic pain
- trouble passing urine

## Can You Be Cured Of Cervical Spinal Stenosis?

There is no cure for cervical spinal stenosis. If you have cervical spinal stenosis then your doctor will recommend some nonsurgical treatments and exercises to reduce your pain.

## How Dangerous Is Spinal Fusion Surgery?

If your doctor recommends spinal fusion surgery then usually it is a safe procedure. Still, another surgery has also some risks, spinal fusion carries the potential risk and complications. It Includes:

- Infection
- Blood clots
- Bleeding
- Poor wound healing
- Injury to blood vessels or nerves in and around the spine
- Pain at the site from which the bone graft is taken

## Get The Affordable Spinal Stenosis Treatment In India With Us

If anyone is searching for [Spine Surgery Treatment In India](#) then we assure you that if you choose us then it will be a successful treatment journey. There are various types of spinal stenosis procedure in India that is available which one is suitable for you GoMedii will help to find the best options for you. You have to simply drop your query on **Whatsapp (+91 9311101477)** or email us at **connect@gomedii.com** our team will get back to you as soon as possible.