

# Neurogenic claudication

Lumbar canal stenosis

Causes, Symptoms & Diagnosis

Q&A



# Neurogenic claudication

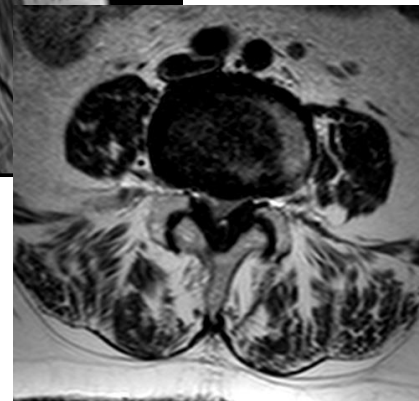
- Pain, tingling, numbness lower limbs
- Often with back pain
- Brought on by walking
- Relieved by sitting
- Older age group, >70 years



# Lumbar canal stenosis – Neurogenic claudication

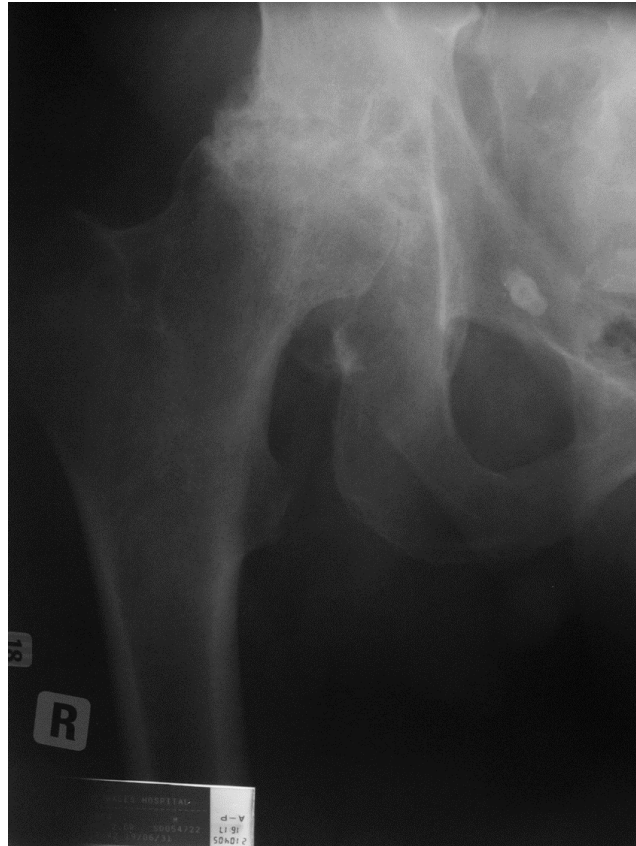


Verbiest 1956





# Differential diagnosis



History –  
diagnosis can be  
difficult

Spinal stenosis	Vascular disease	Hip arthritis
Neuropathic pain	Cramping pain	Aching/sharp pain
<i>Back of both lower limbs</i>	<i>One lower limb</i>	<i>Groin – thigh – knee</i>
Claudicating distance	Claudicating distance	Immediate pain rising from sitting
<u>Stop and sit</u>	<u>Stop and stand</u>	Rest
Like to lean on a trolley	No aid	Stick

## Examination and investigations

Spinal stenosis	Vascular disease	Hip arthritis
Often normal	Absent/weak pulses	Painful motion of hip joint
Pulses good	Trophic changes feet	
Lumbar MRI	Doppler/CT angiogram	Hip X-ray

# What do we know?

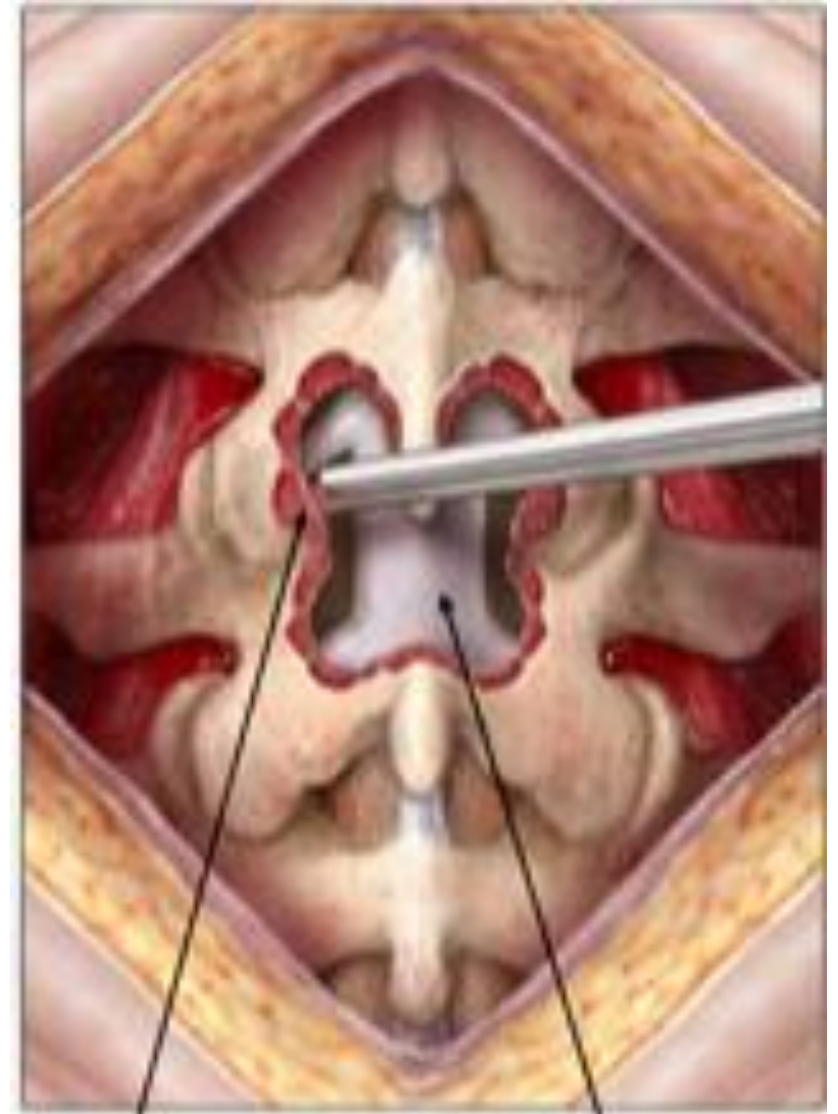
- Many people live with stenosis satisfactorily
- Often symptoms are stable over long term
- 5 – 10% deteriorate





# Lumbar decompression surgery

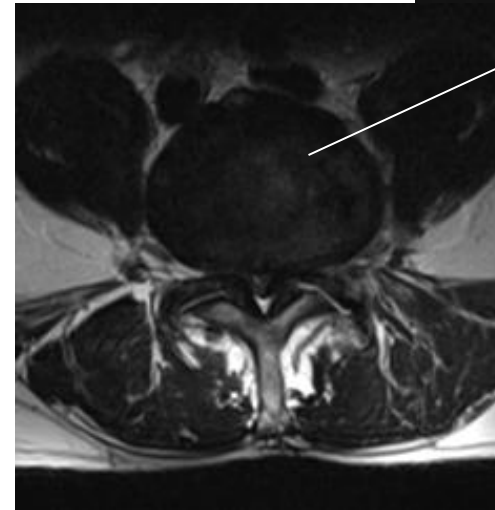
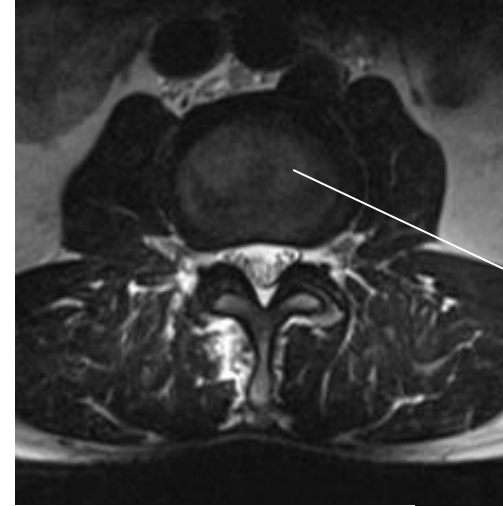
- Reserved for when walking is severely limited
  - Functional impact
- Success rate ~70%
  - Available studies of limited quality
  - Shouldn't this be better?
  - Spine more complex than the hip joint





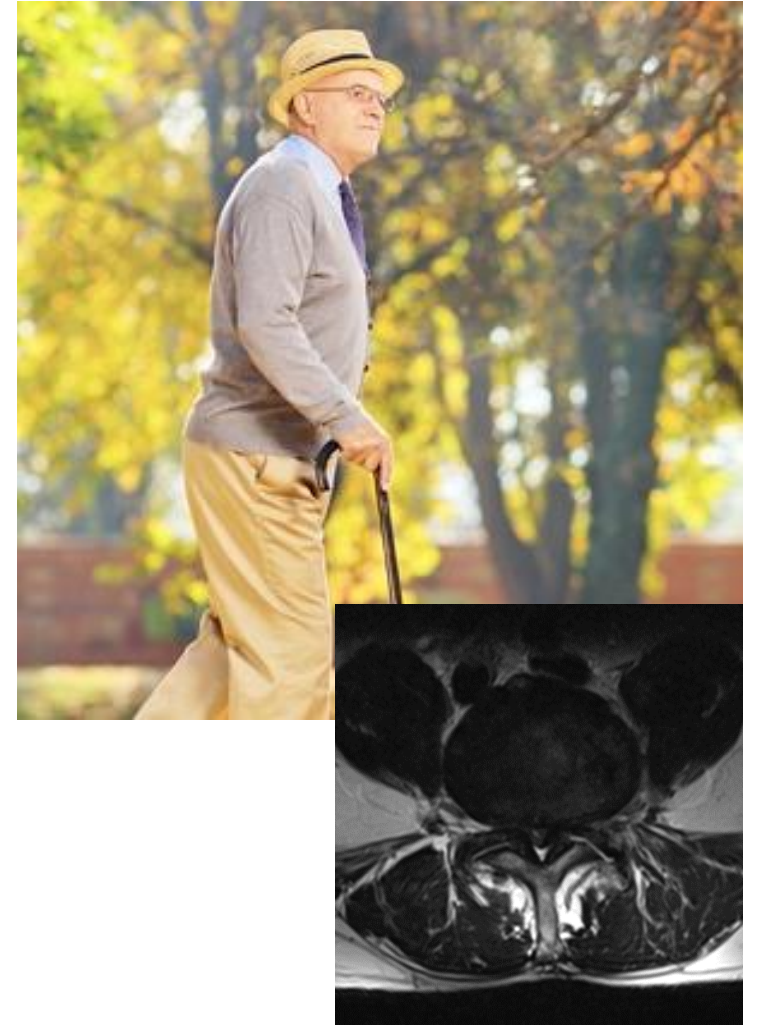
# Careful selection

- Confounding factors
  - Age related debility
  - Diabetes
  - Alcoholism/peripheral neuropathy
- Clear cut symptoms
- Severe stenosis on MRI



# Surgical patient

- 71 years old
- Medically well, relatively fit
- Gradual decline in walking
- Tingling pain in lower limbs with walking
- Walking limit now 50m
- Has to sit for relief
- Frustrated
- Examination unremarkable



Q & A



# Thank you

A recording of the webinar will be available online



Further resources for GPs are available on my website

<https://spinalsurgeonsydney.com.au/for-referrers>



**To receive future resources via email**

just send your name and email address to

[info@powspine.com.au](mailto:info@powspine.com.au)