

**Mayo Clinic Medical Edge**  
**Flexible Stabilization for Spinal Stenosis**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YEARS OF WEAR AND TEAR OFTEN TAKE A TOLL ON THE BACK. TAKE SPINAL STENOSIS. AGE-RELATED CHANGES CAUSE AN AREA IN YOUR SPINE TO NARROW, PUTTING PRESSURE ON NERVES. THE RESULT CAN BE PAIN AND DISCOMFORT.
<b>Mark Dekutoski, M.D.</b> <b>Track 1 (12:50)</b>	"SOMETIMES IN SPINAL STENOSIS, PATIENTS DEVELOP, IN ADDITION TO THIS NARROWING, A WOBBLING OF THE SPINE."
	THAT WOBBLING, SAYS MAYO CLINIC DR. MARK DEKUTOSKI, CAN INTENSIFY SYMPTOMS. PATIENTS

	WITH SEVERE PAIN MAY NEED SURGERY. FIRST, TO OPEN UP THE NARROWING. THEN, TO STABILIZE THE WOBBLING. SPINAL FUSION IS ONE METHOD. BUT...
<b>Dr. Dekutoski</b> <b>Track 1 (15:45)</b>	“WHEN YOU MAKE ONE PART OF THE SPINE STIFFER THAN THE REST, YOU CAN GET WOBBLING AT THE LEVEL ABOVE AND BELOW.”
	NOW, FLEXIBLE STABILIZATION TECHNIQUES ARE GAINING ACCEPTANCE. IN THE RIGHT PATIENT, THEY CAN RELIEVE SYMPTOMS, AND KEEP THE AREA FLEXIBLE.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.