

DISORDERS OF THE SPINE 2



4) Radicular

- Caused by the compression or irritation of one or more nerve roots contributing to the sciatic nerve (L4-S3)
- Pain typically originates in the back and buttocks and radiates to the dermatome of the nerve root that has been affected.
- Conduct neurological examination

L4 - Anterior thigh, anterior knee and medial leg
L5 - Lateral thigh, lateral calf, dorsum of foot
S1 - Posterior thigh, posterior calf, sole of foot

Spinal nerve root compression:

Leads to venous engorgement during exercise (excess blood causing congestion)
Leads to reduced arterial flow and temporary ischaemia - this is what causes **pain and paraesthesia**

5) Neurogenic Claudication

- Alternatively known as pseudoclaudication
- Pain & pins and needles experienced in the leg after prolonged standing. Associated with sciatic nerve distribution within patient
- Leads to claudigo (limping) of lower limb due to pain
- Causes of the condition include: aging, facet joint hypertrophy, ligamentum flavum hypertrophy, disc bulge

Spinal Stenosis →
Neurological
Claudication

5) Spinal Stenosis

- Narrowing of the spinal canal
- Usually causes neurological claudication
- Relieved by rest, hip flexion and changes in position
- Movement such as cycling, pushing a trolley and climbing stairs is usually well tolerated.



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