



Phys Med Rehabil Clin N Am  
14 (2003) xiii–xiv

---

---

**Physical Medicine  
and Rehabilitation  
Clinics of  
North America**

---

---

## Preface

# Lumbosacral spinal stenosis



Joshua D. Rittenberg, MD  
*Guest Editor*

Degenerative lumbar spinal stenosis (DLSS) is a well-described cause of functional disability in elderly patients seen frequently in most musculoskeletal outpatient settings. It represents an ideal challenge for the rehabilitation team to evaluate, order appropriate diagnostic tests, and initiate a treatment program to educate patients, minimize disability, improve function, and decrease pain level.

This issue of the *Physical Medicine and Rehabilitation Clinics of North America* attempts to provide a thorough understanding of what is known about the pathophysiology of DLSS. The article describing the pathoanatomy should serve as a foundation, whereas the article describing how vascular and inflammatory factors contribute to symptoms hopefully will prompt further thought and discussion. The history and physical examination is presented next, followed by articles on electrodiagnosis and spinal imaging.

With the diagnosis confirmed, treatment options are discussed. Physical therapy is the cornerstone of a functional rehabilitation program for DLSS. There are several components to a comprehensive physical therapy program. Manual therapy techniques are described, followed by a case series, including specific treatment protocols and objective functional outcomes. Therapeutic spinal injections, a controversial topic in spinal stenosis, are discussed next. The final article provides an algorithm for surgical decision making and intervention.

It has been a special privilege for me to edit this issue. I have greatly appreciated the enthusiasm and timeliness of each author, all of whom devoted their valuable time and thought in helping to create a useful

resource for the clinician treating lumbar spinal stenosis. I can only hope that you find this issue informative and practical.

Joshua D. Rittenberg, MD  
*Center for Spine, Sports, and Occupation Rehabilitation*  
*1030 N. Clark Street, Suite 500*  
*Chicago, IL 60610, USA*