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## Foreword

# Lumbosacral spinal stenosis



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*Consulting Editor*

This issue of the *Physical Medicine and Rehabilitation Clinics of North America* grew out of a half-day program on lumbosacral spinal stenosis (LSSS) given at a recent annual meeting of the American Academy of Physical Medicine and Rehabilitation (AAPMR). LSSS has been an interest of mine for some time, and I appreciate Dr. Rittenberg's willingness to guest edit this issue. The material presented here has been updated from the AAPMR presentation and has been refined. Many of the original presenters have contributed to this issue, and new authors have been added.

Although it has presumably been around for millenia, LSSS is a relatively recently recognized condition. It was only in 1983 that the term *spinal stenosis* became a medical subheading in *Index Medicus*. Plain radiographs, and later myelography and computerized tomography, offered some diagnostic power, but it was advances in medical technology—primarily magnetic resonance imaging (MRI) and clinical neurophysiology—that have contributed most to the current understanding of what was previously known as *pseudo-claudication*. As the general population grows older, the degenerative conditions of age affect a larger segment of the population. Consequently, LSSS is now a major health care management issue.

The topic of LSSS is comprehensively covered in this issue of the *Physical Medicine and Rehabilitation Clinics of North America*. In the eleven articles presented herein, the reader is first introduced to the anatomy and pathogenesis of this condition, then taken through the physical examination and the important diagnostic tools: MRI, electromyography, and somatosensory-evoked potentials. Finally, treatment is discussed. In addition, physical

therapy, manual medicine, rehabilitative techniques, epidural steroid injections, and surgery are all presented. I am confident that the reader will find this issue to be a useful and up-to-date reference on all aspects of diagnosis and management of this increasingly common condition.

One last word: I invite readers who may have organized other AAPMR programs that might lend themselves to an issue of the *Physical Medicine and Rehabilitation Clinics of North America* to contact me. It is the continuing goal of this Clinic to publish a comprehensive set of useful medical reference materials.

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