Before you see a chiropractor for spinal stenosis

Use these steps from the article to prepare for a visit and to stay safe during care.

- [ ] Get a confirmed diagnosis from a doctor, with a history, examination and imaging.
- [ ] Bring the imaging report to the first chiropractic visit.
- [ ] Describe every symptom, including any in the hands or bladder.
- [ ] Ask which techniques the chiropractor plans to use.
- [ ] Avoid neck manipulation where cervical stenosis compresses the spinal cord.
- [ ] Tell the chiropractor about osteoporosis or a herniated disk.
- [ ] Choose gradual aerobic activity such as swimming or stationary cycling.
- [ ] Pace walking and standing, and sit or lean forward when leg symptoms build.
- [ ] Return to a doctor when about 6 weeks of care brings no change.
- [ ] Seek emergency help for bladder or bowel loss, groin numbness or worsening leg weakness.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-spinal-stenosis/