

PAIN & LIMITED MOBILITY?

KNOW YOUR BACK STORY

IT COULD BE AN ENLARGED LIGAMENT

LUMBAR SPINAL STENOSIS (LSS) SYMPTOM ASSESSMENT



Do you feel pain **PAIN, NUMBNESS,** tingling, or heaviness in the low back, legs, or buttocks?



Are your symptoms **RELIEVED** by sitting, bending forward, or sleeping curled in the fetal position?

These symptoms may be signs of an **enlarged ligament** compressing spinal nerves.

Document your current symptoms and capabilities:

My low back and/or leg pain on average is a _____ out of 10

0 = no pain & 10 = worst pain imaginable

- I can **stand** for _____ minutes before I need to rest.
- I can **walk** for _____ minutes before I need to rest.
- I have tried the following treatment options:
 - Physical therapy
 - Pain medication
 - Injections (ESIs)
 - Other

How many? _____
- I would like to be able to _____ again.
List activity

Take this form with you and visit a spine health doctor who can review your history and imaging to get the full picture and help you rewrite your "back story."

FIND A DOCTOR IN YOUR AREA AT [KNOWYOURBACKSTORY.COM](https://www.knowyourbackstory.com).



SCAN THE QR CODE TO FIND A DOCTOR IN YOUR AREA