



**Ask your
health care provider
about this free video**

A Shared Decision-Making® Program produced by Health Dialog. Researched and evaluated by the Foundation for Informed Medical Decision Making.

Spinal Stenosis

Choosing the right treatment for you

Spinal stenosis is the narrowing of spaces in the spine (backbone) which causes pressure on the spinal cord and/or nerves. This program compares surgical and non-surgical options for treating spinal stenosis to help you decide, together with your health care provider, on the best treatment choice.