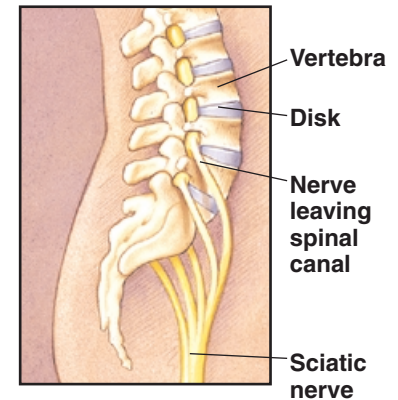




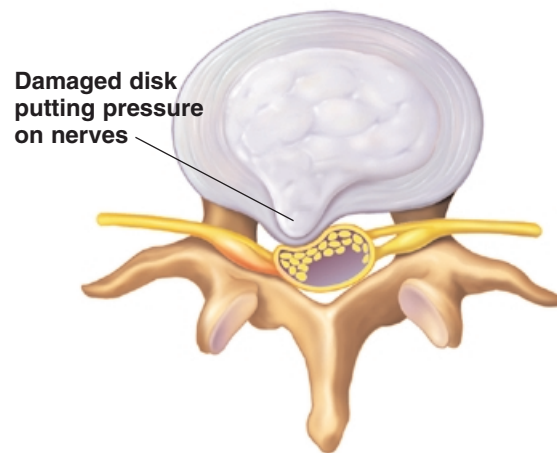
Possible Causes of Low Back or Leg Pain

The symptoms in your back or leg may be due to pressure on a nerve. This pressure may be caused by a damaged disk or by abnormal bone growth. Either way, you may feel pain, burning, tingling, or numbness. If you have pressure on a nerve that connects to the **sciatic nerve**, pain may shoot down your leg.



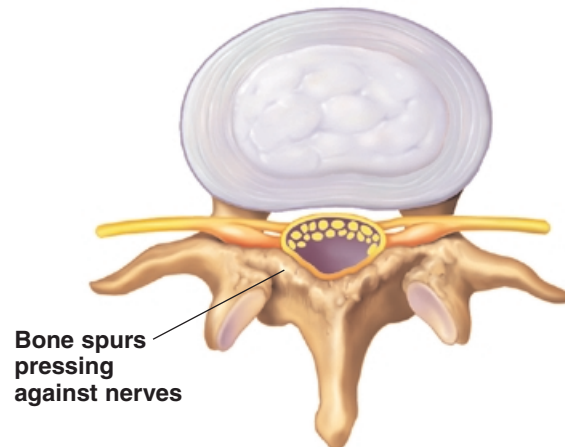
Pressure from the Disk

Constant wear and tear can weaken a disk over time. The disk can then be damaged by a sudden movement or injury. If its soft center begins to bulge, the disk may press on a nerve. Or the outside of the disk may tear, and the soft center may squeeze through and pinch a nerve.



Pressure from Bone

As a disk wears out, the vertebrae right above and below the disk begin to touch. This can put pressure on a nerve. Often abnormal bone (called **bone spurs**) grows where the vertebrae rub against each other. This can cause the foramen or the spinal canal to narrow (called **stenosis**) and press against a nerve.



Notes