

Lumbar spinal stenosis

Why a thickened ligament can make walking difficult.

The ligamentum flavum

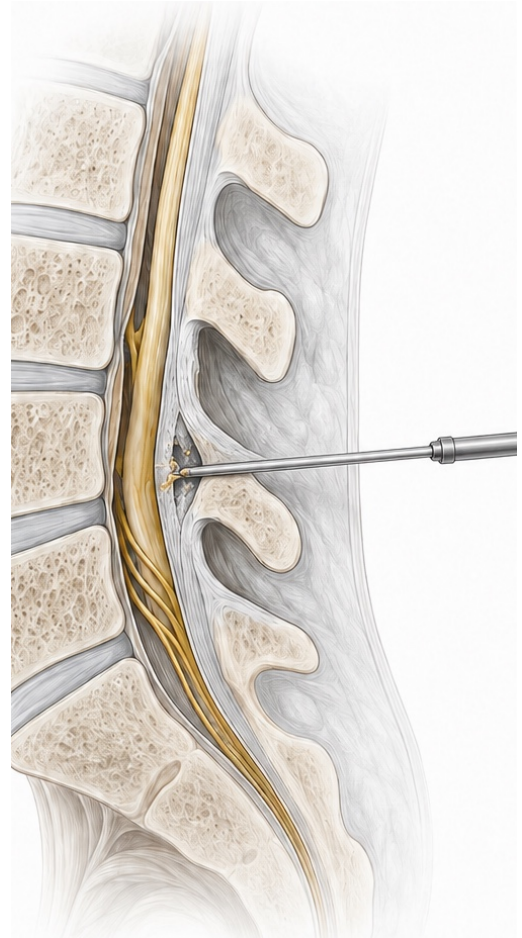
This ligament runs along the back of the spinal canal. With age and degeneration, it may thicken and buckle inward, leaving less room for the nerves.

A characteristic symptom pattern

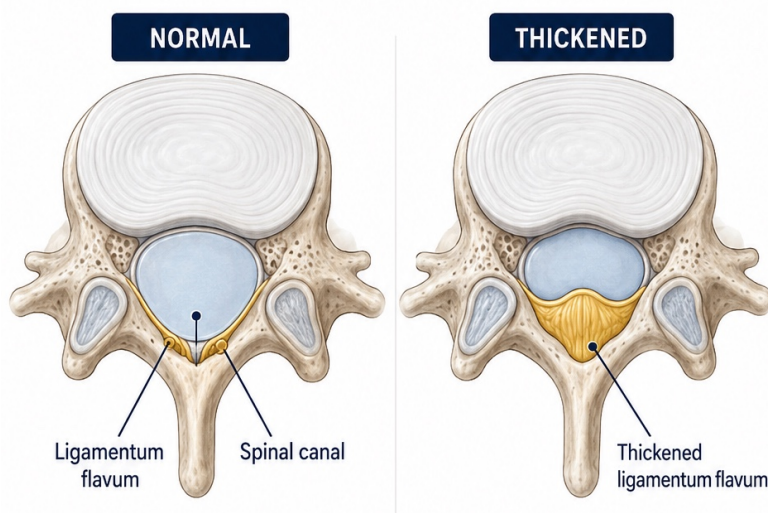
Leg pain, heaviness, numbness, or weakness may worsen during standing or walking and ease when you sit or bend forward. This pattern is called neurogenic claudication.

Imaging is one part of diagnosis

A thickened ligament on MRI does not always cause symptoms. Your physician compares the scan with your symptoms, examination, and walking limits.



NORMAL CANAL / CANAL NARROWED BY A THICKENED LIGAMENT



The two cross sections show how the thickened ligament can crowd the space available for nerves.

Treatment is considered when symptoms, function, and imaging fit together.

What is MILD?

A targeted, image-guided option for selected patients.

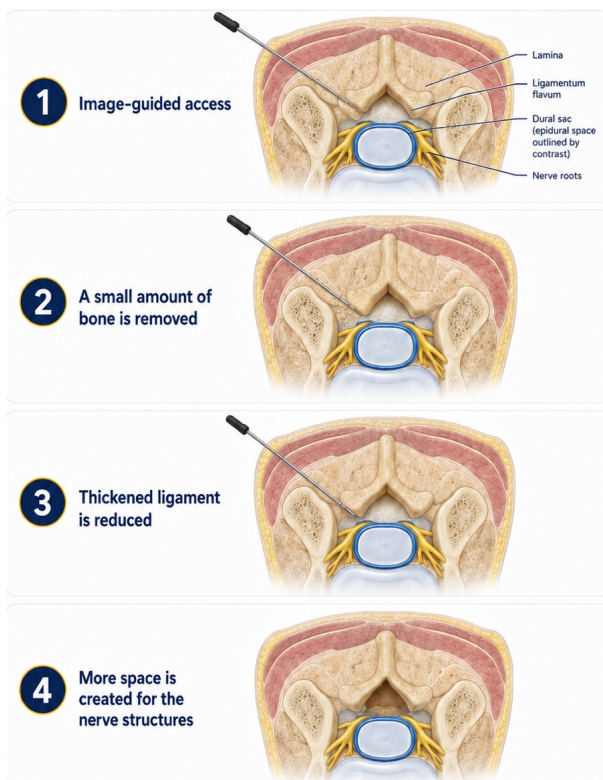
The procedure

Minimally invasive lumbar decompression (MILD) removes small portions of the thickened ligamentum flavum and overlying bone through an access point only a few millimeters wide. It creates more room in the canal without placing an implant or performing a fusion.

Who may benefit?

A patient with lumbar spinal stenosis, ligamentum flavum thickening, and neurogenic claudication may be considered when symptoms continue despite appropriate care. MILD treats this specific source of narrowing; it does not address every cause of back or leg pain.

HOW THE PROCEDURE CREATES SPACE



What to expect

MILD is usually performed as an outpatient procedure. Recovery instructions and the time to improvement vary.

Possible risks include bleeding, infection, dural injury, nerve injury, and incomplete relief. Discuss your individual risks, benefits, and alternatives before treatment.

Results vary. Follow your care team's instructions after the procedure.



Reza S. Roghani, MD, PhD

Assistant Professor

Interventional Spine and Pain

Department of Physical Medicine and Rehabilitation
School of Medicine

443-997-5476 Appointments
410-614-4033 Fax
410-502-2199 Procedures

Appointments

443-997-5476

Johns Hopkins Medicine

This brochure is general education and does not replace an individual evaluation.