

Medications for Spinal Stenosis

By Mayo Clinic Staff

If your pain doesn't improve with self-care measures, your doctor may suggest;

Medications

To control pain associated with spinal stenosis, your doctor may prescribe:

- **NSAIDs.** Nonsteroidal anti-inflammatory drugs (NSAIDs) help relieve pain and reduce inflammation. Some NSAIDs, such as ibuprofen (Advil, Motrin, others) and naproxen (Aleve), are available without prescription.
- **Muscle relaxants.** Medications such as cyclobenzaprine (Amrix, Flexeril) can calm the muscle spasms that sometimes occur with spinal stenosis.
- **Antidepressants.** Nightly doses of tricyclic antidepressants, such as amitriptyline, can help ease chronic pain.
- **Anti-seizure drugs.** Some anti-seizure drugs, such as gabapentin (Neurontin, Gralise) and pregabalin (Lyrica), are used to reduce pain caused by damaged nerves.
- **Opioids.** Drugs such as oxycodone (Oxycontin, Percocet, others) and hydrocodone (Lortab, Vicodin, others) contain substances related to codeine and can be habit-forming.

Steroid injections

In some cases, your doctor may recommend injection of a corticosteroid medication into the area around the involved nerve root. Corticosteroids help reduce pain by suppressing inflammation around the irritated nerve. The effects usually wear off in a few months. The number of steroid injections you can receive is limited because the risk of serious side effects increases when the injections occur too frequently.

Disclaimer: This information is not intended as a substitute for medical or chiropractic professional help or advice, but is to be used only as an aide in understanding spinal and nerve issues.

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