



Arnulfo Tarin Carrasco MD

The Carrasco Pain Institute

The Carrasco Pain Institute is located in the heart of the South Texas Medical Center in San Antonio, Texas. The Institute includes a medical clinic, rehabilitation/fitness center, a medical spa, on-site Surgical Suite and Production Studio.

About Dr. Carrasco

In 1987, he earned his Medical Degree from Texas Tech University School of Medicine, followed by the completion of his Anesthesiology residency training with sub-specialization in Pain Management at the world-renowned Cleveland Clinic Foundation. Additional training in Pain Management was completed in Columbus, Ohio.

Dr. Carrasco founded the Carrasco Pain Institute and Spa, a multidisciplinary institute where he treats individuals who suffer mild to severe pain.

In 2008, he created the Carrasco Media Group, through which he hosts a television medical program the Dr. Carrasco Show, and developed Virtual Science University's learning program.

The Carrasco Pain Institute

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Lumbar Canal Stenosis

What is Lumbar Canal Stenosis?

Lumbar canal stenosis is one of the most common causes of Low Back Pain that occurs in many active patients, especially those in their late 50's and 60's. The symptoms may begin many years earlier, sometimes 5-10 years, and over 2-3 months become more severe and cause the patient to become less active and the pain medications no longer give as much pain relief. The patient's family usually states their spouse, parent or sibling is having pain that is not relieved with medications and is not able to enjoy their usual daily activities. The patient's MRI indicates "degeneration of the disc(s)" and maybe even the small joints in the lower back.

Lumbar canal stenosis is caused by degeneration of the discs and overgrowth of the small facet joints, as a result, the spinal canal is narrowed (stenosis) and/or the tunnels where the nerves exit the spine are also narrowed causing pressure on the nerves and inflammation. This inflammation causes pain.

Symptoms

You cannot stand or walking becomes more and more limited secondary to pain. The pain gradually worsens to the lower back and/or buttocks and legs over several months. Typically, you are able to walk a certain distance before



the pain begins and is typically relieved with rest or sitting. You can then walk the same distance before the cycle returns. As the Lumbar Canal Stenosis progresses, the pain begins to occur with sitting and in more severe cases, the pain occurs while lying down.

Compressed nerves in your lower (lumbar) spine can cause pain or cramping in your legs when you stand for long periods of time or when you walk. The discomfort usually eases when you bend forward or sit down.

Treatments

Lumbar Canal Stenosis is usually related to the natural and irreversible aging process; therefore, non-surgical treatment options are aimed at relieving the pressure of nerves that cause the inflammation and pain. Relieving the inflammation decreases the pain and allows the second phase of treatment – Rehabilitation to be effective. The non-surgical options are mediations, rehabilitation, and pain management.

Medications/Over-the-Counter & Prescription

Non-steroidal anti-inflammatory medications (NSAIDS), muscle relaxers, and various narcotics and non-narcotic pain medications are ingested to control the pain and minimize the side effects. When the side-effects outweigh the pain relieving effects, the following options are considered.





Rehabilitation/Gait & Balance Program

At The Carrasco Pain Institute we have created a therapy program specifically designed to treat the patient who suffers from Lumbar Canal Stenosis. The program is designed to help relieve pressure off the nerves. Relieving this pressure helps to decrease the pain and numbness associated with Lumbar Canal Stenosis.

The therapy will include heat, E-Stim, stretching, strengthening, gait and balance training, and soft tissue mobilization with massage. The goal of rehab is to increase back movement, strength, endurance and restore

function. In many cases, the patient has a greater and more rapid improvement when injections are performed before and during rehab.

Pain Management/Epidural Steroid Injections

Many times Spinal Stenosis can be successfully treated with Epidural Steroid Injections. The injections are used to help relieve the swelling and inflammation on the nerve roots. The injections help to decrease the swelling and therefore allow more room for the nerve within the canal. For many patients, the injection can be performed in our Surgical Suite at The Carrasco Pain Institute.

The injection is an outpatient procedure. You will be given a sedative through an IV for the procedure. During the procedure the nursing staff will monitor your blood pressure, pulse, respiration and oxygen levels. After the procedure you will be monitored for 30-45 minutes and once you recover you will be discharged home with a family member or friend.



Health, Hope & Healing

According to the National Center for Health Statistics, 75 Million Americans experience persistent pain, and at least 3 million people are estimated to suffer from moderate to severe pain. Jobs are lost, families are torn, and lives are destroyed from the devastation that pain causes.

DR. CARRASCO PAIN PROJECT

Dr. Arnulfo Tarin Carrasco has launched a campaign entitled, the Dr. Carrasco Pain Project to create awareness, promote education, and to initiate advocacy for those who are suffering from pain. The Pain Project will provide patients, their families, and the community as a whole with the knowledge of the latest medical treatments available, bringing them Health, Hope, and Healing back into their lives.

Join us at our next Pain Project event.

Please call (210) 614-2063



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THE DR CARRASCO SHOW

Emmy Award Winning Series

Dr. Arnulfo Tarin Carrasco has created and produced The Dr Carrasco Show to provide patients, their families, and the community with the latest medical treatments available, bringing Health, Hope, and Healing back into the lives of those who suffer from pain.

Dr. Carrasco Show

Sunday mornings at 8:30 am on **FOX 29** /Cable 11

Full episodes online at www.DrCarrascoShow.com

