Spinal Stenosis Assessment.

Lumbar		QUALITATIVE	QUANTITATIVE	NOTES
Central Canal Stenosis	PRIMARY	• Disc protrusion / bulge etc • Absent fluid around cauda	Osseous AP diameter of spinal Canal: L3/4 Midvertebral: <11mm (11-14mm) L3/4 Endplate: <12mm (10-15mm)	There are one or more papers using the stenosis grade of None : None Mild : < 1/3rd Moderate : 1/3 - 2/3rds Severe : > 2/3rds. For central, subarticular (lateral recess) and for exit foraminal stenosis. So ... use this.
	SECONDARY	• Redundant nerve roots • Hypertrophic degeneration of the facets / ligamentum flavum. • Epidural lipomatosis	1) Midsagittal diameter of dura: Midvertebral: <12mm (10-12mm) Disk level:<12mm (10-12mm) 2) X-sectional area of dura: <100mm2 (69-100mm2)	
Lateral Recess Stenosis	PRIMARY	• Disc protrusion. • Hypertrophic degeneration of the facets / ligamentum flavum.	Lateral recess height: (AP on ax T2 measure at edge of facet) < 3mm (2-4mm)	
	SECONDARY	• Redundant nerve roots		
Foraminal Stenosis	PRIMARY	• Fat loss around the nerve roots	Foramen height: (AP on sag T2/T1) <3mm (2- 3mm)	
	SECONDARY			

Based on world authority delphi and lit review - generally they are all rubbish and there is no agreement.