

Cauda Equina Syndrome

Information for people with low back pain

If you have lower back pain and you also notice any of the following symptoms you may be suffering from Cauda Equina Syndrome:

- changes to your normal bowel and bladder habits, i.e. unable to control your bowel or bladder or unable to pass urine
- numbness in your groin and genital area
- changes to your walking pattern
- paralysis (not being able to move) of one or both legs and/or feet.

You should contact your GP or visit the Accident and Emergency (A&E) department of your nearest hospital **immediately**.

Cauda Equina Syndrome is a rare but serious condition where the nerves at the very bottom of the spinal cord become compressed (squashed). This doesn't happen often in patients with low back pain, but if you have any of the symptoms above it is essential to seek immediate treatment to prevent any long term damage or disability.

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

