

Spinal Stenosis in Achondroplasia Questionnaire

1. Do you experience weakness in your legs and/or do you routinely have numbness or tingling in your legs when you walk or sit?
2. Do you have urinary or fecal incontinence - that is, are you unable to hold your urine or feces in?
3. Are you limited with how far you can walk? If so, how far can you walk before having to take a rest or sit down? How quickly after you take a rest does your weakness, numbness or pain go away?
4. Do you find yourself squatting after walking a certain distance to alleviate the pain/weakness/numbness? Do you find yourself flexing forward, like leaning forwards on a counter or grocery cart to alleviate pain or tiredness in your legs?
5. If you have a limit to how far you can walk, what seems to limit you? Meaning, do you become short of breath and that is why you have to stop or are your legs the limiting factor in how far you can walk? Do your legs become tired and/or weak and this is why you stop?