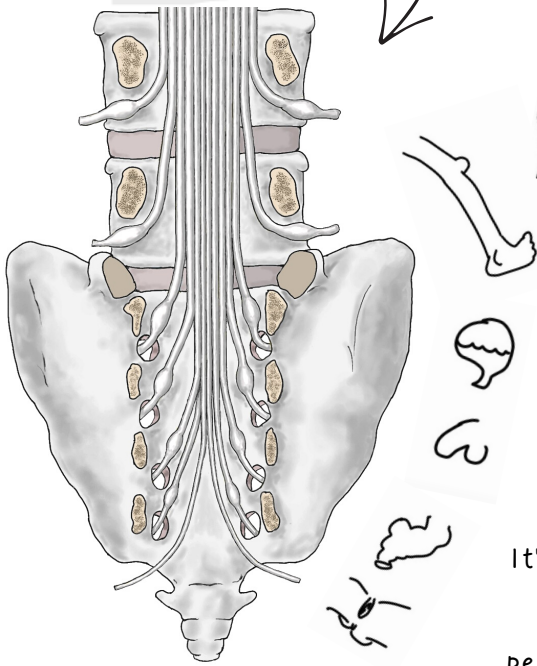


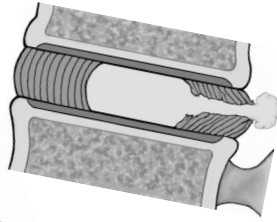
CES: The Condition

This is the Cauda Equina

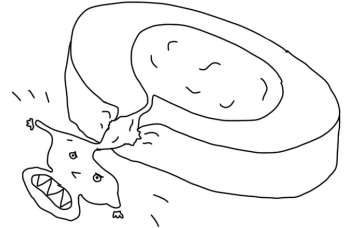


The cauda equina contains all the nerve roots that go into the legs, bladder, bowel, sexual organs and 'saddle area'

So Cauda Equina *Syndrome* is when there's an injury to those nerves, which stops the bladder, bowel, sexual organs and 'saddle area' working!



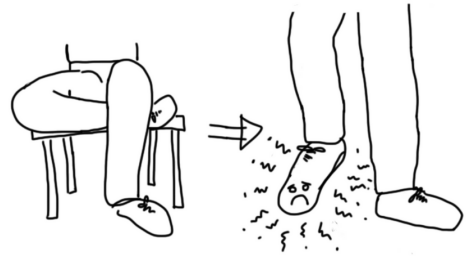
What causes CES?
 Usually a large, central disc herniation.



(Thankfully they're rare, much rarer than the off-center herniations that cause sciatica)

How? The herniation adds pressure to the nerves of the cauda equina, which stops blood from flowing through them. No blood = no function!

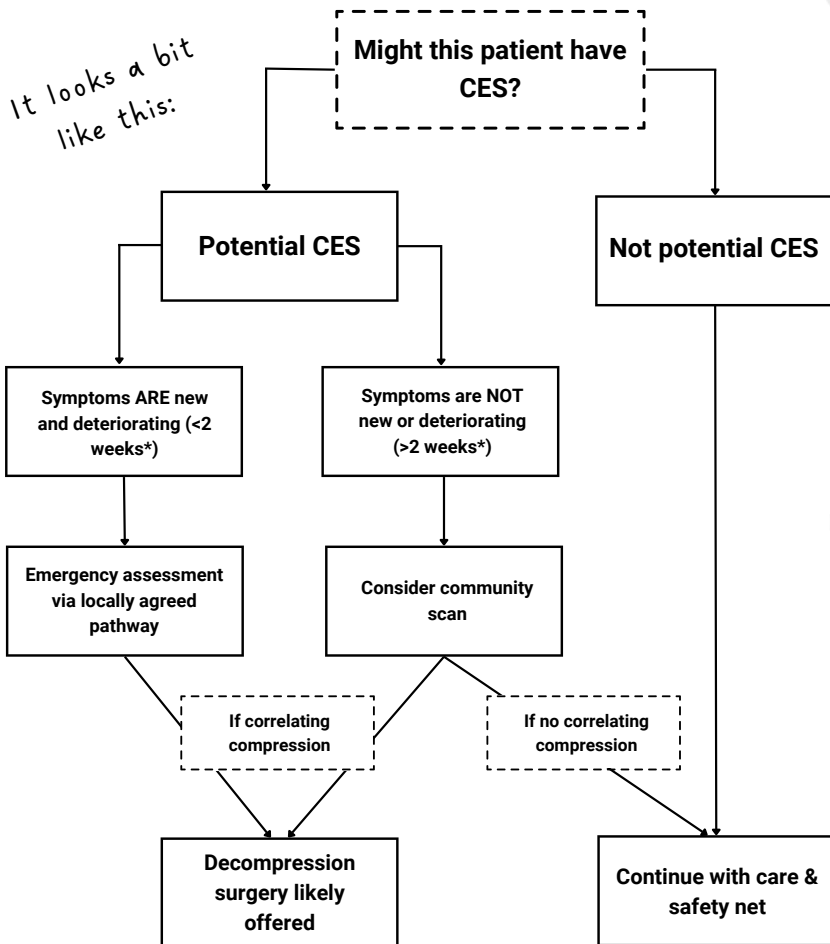
It's like sitting on your leg and feeling your foot go numb - except the prolonged pressure from a disc = permanent damage. That's why CES is a surgical emergency!!



So what's your job, exactly?

What does CES look like?

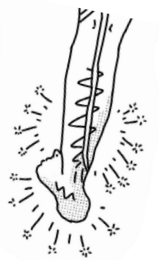
It looks a bit like this:



Here's a common story... note that you could see this person at any point on the journey!



Low back pain...

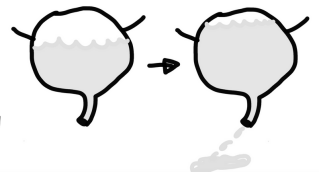


Sudden severe sciatica!

Noticing it takes a while to start urinating....

Urinating less frequently... notice some numbness 'down there'...

Wake up one morning and has wet the bed!



BUT! There are many different ways CES can present - this is just one story!