

Cauda Equina Syndrome

Physiotherapy Service

Many people have a combination of back pain, leg pain, leg numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention.

A rare but serious back condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need to be seen by an Emergency Specialist Spinal Team.

Cauda Equina Syndrome Warning Signs

- Loss of feeling/pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- A loss of sensation of rectal fullness
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

ANY COMBINATION OF THE ABOVE WARNING SIGNS COULD BE SYMPTOMS OF CAUDA EQUINA SYNDROME.

SEEK EMERGENCY HELP IMMEDIATELY AT AN Accident & Emergency Department. For Gwent residents this is:

**Grange University Hospital
Caerleon Road, Llanfrechfa, Cwmbran, NP44 8YN**

Acknowledgement: This information leaflet is referenced to work undertaken by Dr Susan Greenhalgh, Chris Mercer and Laura Finucane. ©Bolton NHS Foundation Trust and University of Central Lancashire.

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn
Gymraeg**