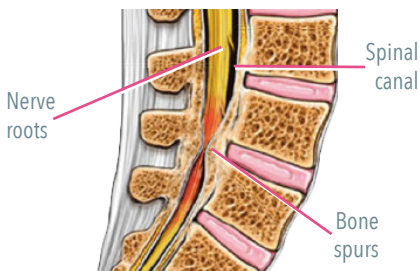




BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS[®]

What is Lumbar Spinal Stenosis?



Lumbar spinal stenosis is a leading cause of pain, disability and loss of independence in older adults. It is usually caused by age-related arthritic narrowing of the spinal canals where nerves exit the spine travelling to the lower back and legs. This narrowing can cause compression of the spinal nerves leading to low back and leg pain, numbness, weakness, and reduced ability to stand and walk.

Decompression surgery to remove the bone and ligaments around the stenosis is an option for patients with severe symptoms. However, effective treatments for patients with mild and moderate symptoms have not been established.

The Study

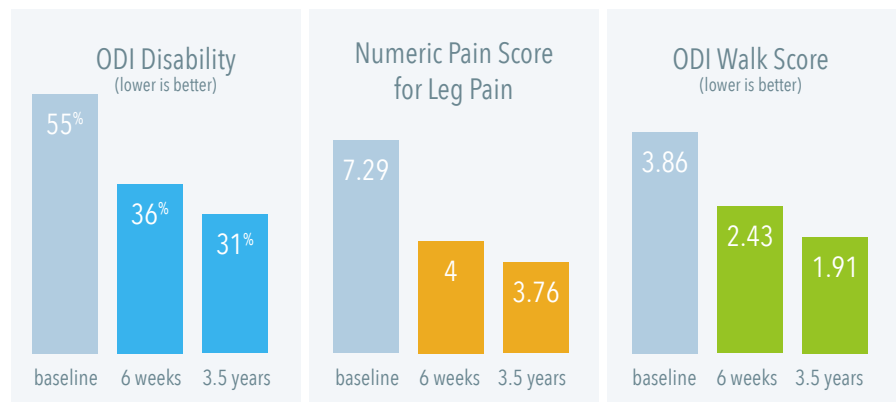
In an award-winning study Ammendolia and Chow demonstrated the effectiveness of the Spinemobility Boot Camp Program for Lumbar Spinal Stenosis[®].

PARTICIPANTS

49 individuals diagnosed with Lumbar Spinal Stenosis participated in the Study. At the baseline, participants were moderately to severely disabled, significantly limited in their walking ability and in moderate pain.

OUTCOME

Upon completion of the 6 week **Spinemobility Program**, participants exhibited clinically significant improvements in all outcome measures¹. These benefits were sustained over time, even after 3.5 years².



1. Ammendolia C, Chow N. Clinical Outcomes for Neurogenic Claudication Using a Multimodal Program for Lumbar Spinal Stenosis: A Retrospective Study. J Manipulative Physiol Ther. 2015 Jan 22.
 2. Chow N, Ammendolia C et al. Presented at ACC RCC Conference Washington DC, USA, March 2017.



Encouraged by the results, The Arthritis Society funded a larger, randomized controlled trial in 2014. Clinically important improvements to participants' walking ability, functional status and pain were observed at 6 weeks, 6 months and 12 months. Spinemobility Boot Camp's impact, highlighted in this important study, will soon be published in a peer-reviewed journal.



BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS[®]



Coaching on behavioural change

Specific strategies for behavioural change and self-management for sustainable benefit



Targeted manual therapy

Condition-specific techniques to maximize spinal and neural mobility



Specific exercises & strength training

Targeted home exercises to maximize aerobic fitness, strength and flexibility



Body repositioning & self monitoring

Postural techniques to maximize standing, walking and functional abilities



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For more information about the Spinemobility Boot Camp Programs, please visit

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