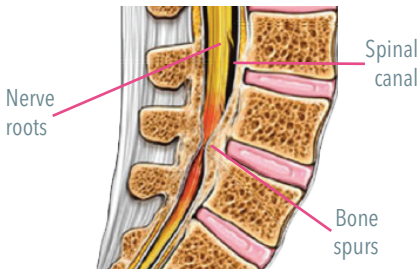




BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS[®]

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.

Until recently, effective non-surgical treatments for lumbar spinal stenosis had not been established. New studies from the University of Toronto and the University of Pittsburgh have demonstrated compelling evidence of a novel non-surgical approach to improve walking and quality of life in patients with lumbar spinal stenosis.

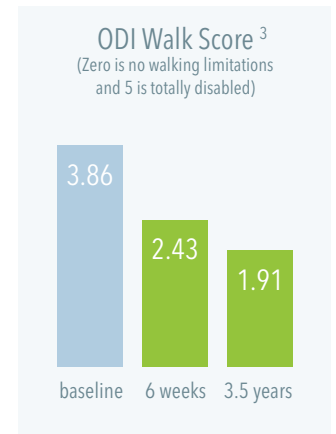
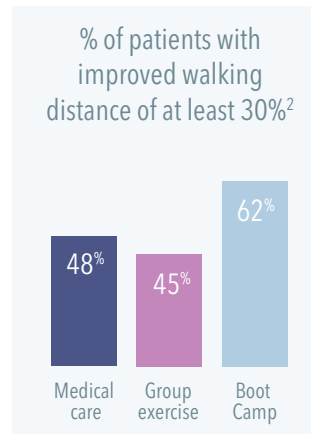
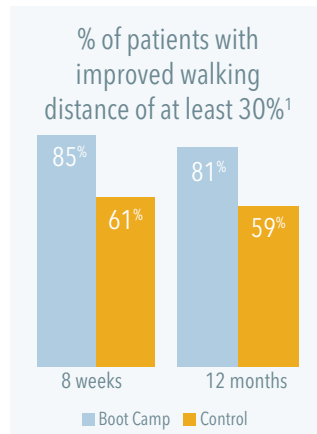
The Studies

Two randomized controlled trials and a long-term study were recently published demonstrating the effectiveness of Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis.

In one clinical trial, 85% of patients who were moderately disabled showed significant improvement in walking distance after the 6-week **Boot Camp Program**. This improvement was maintained 12 months later.¹

In a second clinical trial, the **Boot Camp Program** showed significantly superior improvements in walking distance and overall symptoms and functional status compared to usual medical care and community based exercises.²

In a long-term study of the **Boot Camp Program**, significant improvements in walking ability, leg pain and overall function were sustained over time, even after 3.5 years.³



1. Ammendolia et al. Comprehensive Nonsurgical Treatment Versus Self-directed Care to Improve Walking Ability in Lumbar Spinal Stenosis: A Randomized Trial. Arch Phys Med Rehabil. 2018 December.
 2. Schneider et al. Comparative Clinical Effectiveness of Nonsurgical Treatment Methods in Patients with Lumbar Spinal Stenosis: A Randomized Clinical Trial. JAMA Netw Open. 2019 January.
 3. Chow et al. Clinical Outcomes in Neurogenic Claudication Using a Multimodal Program for Lumbar Spinal Stenosis: A Study of 49 Patients with Prospective Long-term Follow-up. J Manipulative Physiol Ther. 2019 March-April.



The University of Toronto Lumbar Spinal Stenosis Study,¹ funded by The Arthritis Society, was published in December 2018 and demonstrated large and clinically important improvements in walking ability, functional status and pain at 8 weeks, 6 months and 12 months after participation in the Boot Camp Program for Lumbar Spinal Stenosis.



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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



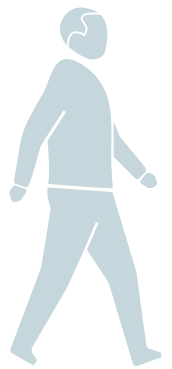
Specific exercises & strength training

Targeted home exercises to maximize aerobic fitness, strength and flexibility



Body repositioning & self monitoring

Postural techniques to maximize standing, walking and functional abilities



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

www.spinemobility.com

or contact us at

info@spinemobility.com

