

BOOT CAMP FOR DEGENERATIVE LUMBAR SPINAL STENOSIS:

What is degenerative lumbar spinal stenosis (DLSS)?

Degenerative lumbar spinal stenosis (DLSS) is a type of arthritis that affects the lower spine. It is also referred to as spinal osteoarthritis which is wear and tear style of arthritis that happens as we age. In some, it can lead to thickening of the spinal joints, and thinning of the spinal discs causing narrowing of the spinal canal. The narrowed canal can lead to compression of the spinal nerves that travel through the canal to the lower back and legs. DLSS is one of the most common causes of disability and loss of independence in the elderly. With the aging population, the number of people who will develop this condition is expected to grow dramatically in the next 20 years.

What are the symptoms of degenerative lumbar spinal stenosis?

Compression of the spinal nerves due to DLSS can cause pain, burning, numbness, tingling and weakness of the legs, buttocks and lower back. The symptoms are usually brought on from standing and walking because those postures further narrow the spinal canal. People with DLSS can only stand or walk for short periods of time, which significantly impacts their quality of life. Many are compelled to live a more sedentary lifestyle, which leads to further decline in their overall health.

What treatments are currently available?

Surgery is an option for a minority of people with DLSS because of the potential risks involved. Among those who have surgery the results are usually positive but the benefits slowly diminish over time. It is recommended that before surgery is contemplated, a course of non-surgical treatment is tried. However, what constitutes effective non-operative treatment for DLSS is currently not known.

How will the Boot Camp Program help people with lumbar spinal stenosis?

Dr. Ammendolia has developed a new treatment approach focusing on improving standing and walking ability. The overall goal of the program is to improve the quality of life and maintain independence among the growing number of people who have DLSS. The program combines manual therapy, special exercises, instruction on body re-positioning techniques and self-management strategies. Manual therapy helps to align the spine to maximize the openings for the spinal nerves. Special exercises help restore weak back and leg muscles and when combined with body alignment strategies, help to reduce the pressure on the compressed nerves when standing and walking. DLSS is a chronic problem and learning how to live more effectively with it using self-management strategies allows people to become more in control and able to cope with DLSS. Individuals should not attempt this program on their own without consulting with their health care professional to ensure it is appropriate for them.

STRUCTURE OF THE PROGRAM:

Candidates will meet with Dr. Ball if they suspect they suffer from Lumbar Spinal Stenosis, or if they are being referred by another healthcare professional for an assessment to confirm the diagnosis, and decide whether the program will be beneficial for their needs.

If the program is appropriate, the patient will be attending treatments twice each week for 6 weeks, followed by a re-evaluation 4 weeks after the 12th visit.

Treatments will consist of Manual therapy, special exercises - instruction and observation of the patient learning and performing them, as well as body repositioning and pain/function management strategies. Patients should budget about 30 minutes per session.

Program will provide 13 sessions, including assessment, and cost \$700.

Patients will also need:

- A Stationary Bike
- Pedometer (or some reliable way of counting their steps)
- Yoga Strap (optional)
- Workbook (\$20, available at our clinic)

Should any questions arise don't hesitate to contact us:

by phone (705) 222-7213

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In Health,
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