

Course Educational Materials

Lumbar Spinal Stenosis Patient Workbook

- Written background information on the causes, common symptoms and available treatments for Lumbar Spinal Stenosis
- An overview of the Boot Camp Program for Lumbar Spinal Stenosis
- Instructions and illustration of all patient exercises and self-management strategies
- A schedule to record intensity and frequency of each exercises over the 6-week program

Lumbar Spinal Stenosis Patient Instructional Video

- Video presentation by Dr. Ammendolia on the causes, common symptoms and available treatments for Lumbar Spinal Stenosis and overview of the Boot Camp Program for Lumbar Spinal Stenosis
- Video demonstration of all exercises and self-management strategies including proper sitting/driving/standing/walking and sleeping postures

Lumbar Spinal Stenosis Practitioner Treatment Protocol Video

- Video demonstration on all manual therapy techniques
- Instruction on how to implement the Boot Camp Program into clinical practice

Lumbar Spinal Stenosis Practitioner Implementation Guide

- Written step-by-step and visit by visit instruction on implementing and integrating the boot camp program into clinical practice
- Recommended patient schedule and progression for daily exercise intensity and frequency over the 6-week program

spinemobility

for life

A Not-for-Profit Research & Resource Centre



spinemobility

Boot Camp Program

LUMBAR SPINAL STENOSIS

Dr. Carlo Ammendolia

3rd Edition

spinemobility

A Not-for-Profit Research & Resource Centre

For Clinicians Implementing Dr. Ammendolia's Boot Camp Program for Lumbar Spinal Stenosis ©

Before starting the program with patients first review the following:

- 1) The About spinemobility and How to Get Started Videos (free on our website)
- 2) The Practitioner Treatment Protocol Video (manual therapy) and Patient Instructional Video (exercises) and
- 3) The Patient Workbook

Visit #1 (following initial consult)

- 1) Explain program to patient highlighting goals and objective of program. The focus of program is improving function especially standing and walking ability. Reduction of pain is a secondary goal. Expect pain to improve with improved function. Explain importance of stationary bike to improve lower extremity strength and overall fitness and importance of adherence to program schedule and exercises.
 - 2) Give manual therapy treatment as described in video
 - 3) Show first 4 exercises in workbook . . . start with 5 minutes on stationary bike 2x/day. Demonstrate exercises #2-4 (5 second holds, 5 repeats 2x/day). Instruct patient to do walk test (use pedometer – click on 'steps', set to '0'; patient does a 'non-stop walk', same time /day & same place on their own before next visit; if able to walk 'forever', use time of first symptoms/pain)
 - 4) In patient's workbook on schedule page, record: a) date and b) under week #1 . . . 5 min on bike and for exercises #2-4, seconds held (5) & repeats (5). Copy of patient schedule also needs to be kept in chart to follow patient progress!
- ***** Remind patient they will be coming in 2x/week for 6 weeks!

Visit #2

- 1) Record step count (that patient was supposed to have done at home using pedometer) on bottom of schedule sheet in patient's workbook and in patient's chart
- 2) Give manual therapy (same as visit #1) as described in video
- 3) Review previous exercises #1-4
- 4) Give 2 new exercises (#5-6).
- 5) Record on schedule sheet in patient's workbook (patient needs to bring each visit), new exercises but with same intensity (5 second holds & 5 repeats) and also on the patient's chart using same information as was entered in their workbook

Visit #3

- 3) Give manual therapy same as above
 - 4) Review last week's exercises #1-6
 - 5) Give 2 new exercises (#7-8) but because new week, we increase hold by 1 sec
 - 6) Record date on week #2. Record everything on schedule sheet & patient's chart
- ***** This same procedure is repeated each visit, adding 2 new exercises; except new step counts are **ONLY** done 1x/week, recorded on bottom of the schedule page in patient's workbook and patient's chart.

621-95 Prince Arthur Ave., Toronto, Ontario, Canada, M5R 3P6
www.spinemobility.com info@spinemobility.com

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

www.spinemobility.com info@spinemobility.com