

Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis

September 9th, 2023, University of Pittsburgh

Full Day Workshop (8 hours CE credits)

Why learn the Boot Camp Program for Lumbar Spinal Stenosis (LSS)?

- LSS is a leading cause of pain, disability, and loss of independence in people over the *age of 65*
- *People over 65 are the fastest growing segment of the population and, because people are living longer, we are experiencing a soaring rise in the number of people suffering from LSS*
- *Up to 47% of people over 65 or between 20-30 million Americans will suffer from LSS in the next 15 years*
- *The dominant features in LSS are pain and limited walking ability (look around and see the number of people walking with canes, walkers, scooters and wheelchairs)*
- *Chiropractors are well positioned by their training and skills to make a significant impact in improving walking ability and quality of life in people with LSS. They should and can be the experts in non-operative treatment of LSS.*
- *You will learn a step-by-step treatment program for patient with LSS that was developed at Mount Sinai Hospital and The University of Toronto. The workshop focuses on hands-on practical application of the program.*
- *The program is currently being used at the Spinal Stenosis Clinic at Mount Sinai Hospital and in thousands of clinics around the world*
- *You will learn the skills and receive the tools to start the program first day back at your practice.*
- *It is an evidence-based program that has been clinically tested in two randomized controlled trials*
- *Clinical trials of the Boot Camp Program have shown large and sustainable improvement in walking distance, pain, and overall function*
- *Acquire the knowledge, skills, and tools to be the expert in the non-operative management of LSS in your community.*
- *Receive certificate of completion and have your name and clinic listed on the spinemobility website as a trained practitioner.*
- *The Boot Camp Program will be taught by Dr Carlo Ammendolia the developer of the program. Dr. Ammendolia has been designated as a world expert in spinal stenosis by Expertscape- based on his number of publications in this area in the past 10 years.*