

2023

September 9th

Lumbar Spinal Stenosis Seminar

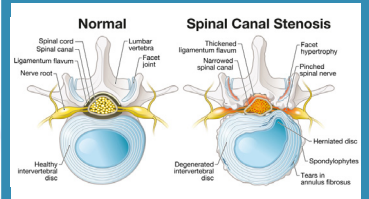
By Dr. Carlo Ammendolia



Dr. Carlo Ammendolia is the Director of the Spine Clinic and the Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis and Auto-immune Diseases at Mount Sinai Hospital. He received his MSc degree in Clinical Epidemiology and Health Care Research and his PhD in Clinical Evaluative Sciences from the University of Toronto. Dr. Ammendolia is an Assistant Professor in the Institute of Health Policy, Management and Evaluation, the Department of Surgery and the Institute of Medical Sciences at the University of Toronto.

In 2012 and 2017, Dr. Ammendolia was recipient of the Professorship in Spine Award from the Department of Surgery in the Faculty of Medicine. In 2015, he was awarded the Chiropractor of the Year Award from the Ontario Chiropractic Association and in 2016 the Researcher of the Year Award from the Canadian Chiropractic Association. Dr. Ammendolia has been in clinical practice for over 40 years and now combines clinical practice, research and teaching in the areas of non-operative treatment of mechanical, degenerative and inflammatory spinal disorders. 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. He is the founder of spinemobility, a not-for-profit Research and Resource Centre aimed at developing and testing programs for spinal and other musculoskeletal conditions.

Dr. Ammendolia developed the Boot Camp Programs for lumbar spinal stenosis, persistent low back pain, persistent neck pain, ankylosing spondylitis, sciatica, persistent shoulder pain, knee and hip OA and fibromyalgia. He conducts workshops worldwide on his boot camp programs.



HOTEL - OWN BOOKING

Hotel Indigo Pittsburgh
University-Oakland
329 Technology Dr
Pittsburgh, PA 15219
(412) 621-0880

Additional booking information will be provided upon registration

University of Pittsburgh
Bridgeside Point 1 Building
100 Technology Drive
Pittsburgh, PA 15219

PROGRAM 2023

SATURDAY September 9, 2023

07.00 - 08.00	Registration / Exhibition Breakfast available at the Conference Lounge
08.00 - 08.15	Welcome and Introduction
08.15 - 10.15	Lecture / Workshop
10.15 - 10.45	Coffee / Tea Break / Exhibition
10.45 - 12.30	Lecture / Workshop
12.30 - 13.30	Lunch Buffet / Exhibition
13.30 - 15.30	Lecture / Workshop
15.30 - 16.00	Coffee / Tea Break / Exhibition
16.00 - 18.15	Lecture / Workshop

Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis

Full Day Workshop

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, Physiotherapist, Medical Doctor etc. 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.

Dr. Carlo Ammendolia

Spinemobility's Boot Camp

Program for Lumbar Spinal Stenosis Full Day Workshop Syllabus

Workshop Learning Objectives and Outcomes

- Understand the etiology, patho-anatomy, patho-physiology, prevalence and burden of disease in symptomatic LSS.
- Understand the key features of the history and physical examination for patients presenting with back/lower extremity symptoms impacting walking and standing ability.
- Know common differential diagnoses for neurogenic claudication due to lumbar spinal stenosis.
- Know how to differentiate each of the diagnoses know red flags for potential serious disease among patients who present with back/lower extremity symptoms.
- Know the role of imaging for assessing patients with back/lower extremity symptoms impacting walking ability.
- Know when to recommend a surgical consult/epidural injection.
- Know potential effective non-surgical treatments for neurogenic claudication.
- Understand the chronic disease model of care and management.
- Understand the role of patient self-management and self-monitoring.
- Learn how to monitor patient outcomes and instruct on patient self-management.
- Learn results from clinical trials on the Boot Camp Program for LSS.

B. Demonstration/Hands-On Portion

(a) Learn to perform all the specific manual therapy techniques.

- Understand the rationale and learn to perform all the manual techniques in the boot camp program.

b) Learn to perform all the specific patient exercises.

- Understand the rationale and learn to perform all patient exercises in the boot camp program.

c) Learn how to implement the boot camp program in your clinic.

- Understand the rationale for the Boot Camp Program and its underlying principles.
- Learn how to integrate and implement program in your clinic.

Summary

The Boot camp program is an evidence-based multi-modal approach suited for practitioners who use manual therapy. The approach is focused on improving functional status especially walking ability. The program is directed to the multi-faceted aspects of DLSS that includes physical impairments (patho-anatomy, spinal stiffness, lower extremity weakness and overall deconditioning), pathophysiology (neuro-ischemia) and psychosocial aspects (poor expectations and depression).

This workshop will provide step-by-step training on how to perform all necessary patient exercises, manual therapy techniques and how to provide patients with self-management strategies. At the end of the workshop the learner will be able to implement the Boot Camp Program in their clinic.

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.

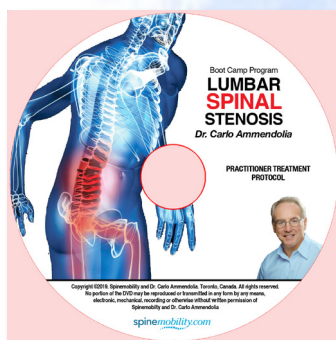
Lumbar Spinal Stenosis Practitioner Treatment Protocol Video

- 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.

Lumbar Spinal Stenosis shop

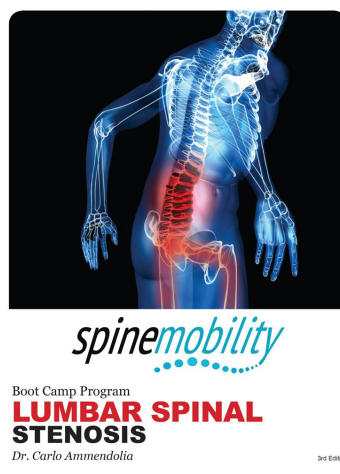


Lumbar Spinal Stenosis Treatment DVD

Lumbar Spinal Stenosis Practitioner Treatment Protocol DVD provides step-by-step instruction on how to apply all the specific manual therapy techniques to your patient with lumbar spinal stenosis and how

to implement the Boot Camp program for Lumbar Spinal Stenosis in your clinical practice. Video duration 35 minutes.

Af Dr. Carlo Ammendolia



Lumbar Spinal Stenosis Workbook

This instruction manual describes a series of exercises and self-management strategies for spinal stenosis that you will learn over a period of 6 weeks. With each visit you will get manual treatment and be instructed in several exercises as well as self-management strategies. With each visit you will get

repeated the manual treatment, get a review of the exercises from the previous visit and get instruction in new exercises. This instruction manual will help you review the exercises and self-management strategies, and it will help you keep track of your progress as you review the program.

Before you start performing these exercises, consult with your therapist to ensure that your current health allows you to participate. You may need to leave out some of the exercises or change them a little, depending on your current health.

By Dr. Carlo Ammendolia.

Available in Danish, Norwegian and English language.

Lumbar Spinal Stenosis Bolster

This Lumbar Spinal Stenosis Bolster can be used when treating according to the Lumbar

Spinal Stenosis Treatment Protocol by Dr. Carlo Ammendolia.

The purpose of the bolster is to maintain lumbar flexion by performing various manual therapy techniques described in the treatment protocol for professional therapists.

Lumbar Spinal Stenosis Puddle can also be used to perform some of the exercises described in the Lumbar Spinal Stenosis Workbook and instructional DVD.

The cover is made of 50% PVC and 50% Polyester.

Before using the Lumbar Spinal Stenosis Bolster, consult your doctor, chiropractor, physiotherapist, etc. to make sure it is right for you.