

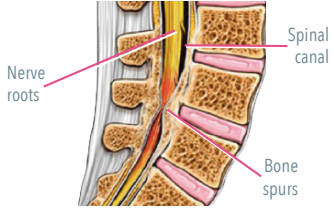
BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS®



Boot Camp Program

6 Week Treatment Program
2 Times Per Week

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 traveling to the lower back and legs. This narrowing can cause compression of the spinal nerves leading to the low back and leg pain, numbness, weakness, and reduced ability to stand and walk.

Decompression surgery to remove the bone and ligaments around the stenosis is an option for patients with severe symptoms. However, effective treatments for patients with mild and moderate symptoms have not been established.

<p>Coaching on behavioural change</p> <p>Specific strategies for behavioural change and self-management for sustainable benefit</p>	<p>Targeted manual therapy</p> <p>Condition-specific techniques to maximize spinal and neural mobility</p>	<p>Specific exercises & strength training</p> <p>Targeted home exercises to maximize aerobic fitness, strength and flexibility</p>	<p>Body repositioning & self monitoring</p> <p>Postural techniques to maximize standing, walking and functional abilities</p>
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Complimentary Final Treatment and Step-by-Step Lumbar Spinal Stenosis Instruction Booklet with Illustrations.

\$ 75 Value*

Get Relief Today CALL NOW!



The Study

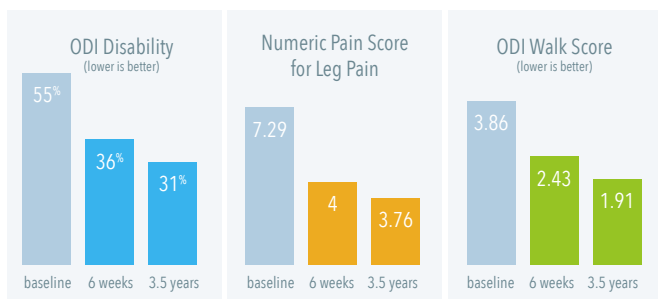
In an award-winning study Ammendolia and Chow demonstrated the effectiveness of the Spinemobility Boot Camp Program for Lumbar Spinal Stenosis®.

PARTICIPANTS

49 individuals diagnosed with Lumbar Spinal Stenosis participated in the Study. At the baseline, participants were moderately to severely disabled, significantly limited in their walking ability and in moderate pain.

OUTCOME

Upon completion of the 6 week Spinemobility Program, participants exhibited clinically significant improvements in all outcome measures¹. These benefits were sustained over time, even after 3.5 years².



1. Ammendolia C, Chow N. Clinical Outcomes for Neurogenic Claudication Using a Multimodal Program for Lumbar Spinal Stenosis: A Retrospective Study. J Manipulative Physiol Ther. 2015 Jan 22.

2. Chow N, Ammendolia C et al. Presented at ACC RCC Conference Washington DC, USA, March 2017.

AFFILIATIONS



Study Funded by The Canadian Chiropractic Research Foundation and The Arthritis Society www.spinemobility.com

To register for the program please contact Halton Healthcare's **Work-Fit Total Therapy Centre** at: **905.845.9540**.



Get Relief Today CALL NOW!

*Coupon must be mentioned at time of booking. Coupon expires December 31, 2017. With the purchase of the initial assessment and the 6 week - 12 sessions LSS Bootcamp Program only. Coupon only valid if the full LSS bootcamp program is attended - 6 week, 12 sessions. Not valid for any other chiropractic services.

WorkfitPhysiotherapy.ca

