

Frequently Asked Questions (FAQ) The Boot Camp Program for Lumbar Spinal Stenosis

1. What can I expect while enrolled in the 6-week bootcamp program?
 - When enrolled in the bootcamp program you will receive hands on treatment in the form of manual therapy twice per week. You will receive education on your condition and instruction on a specific exercise regimen to be performed at home twice per day.
2. Why may I get worse before I get better?
 - It is common for patients to report a minor worsening of symptoms for a short time when they start the bootcamp as your body gets use to the manual therapy and progressive exercises.
3. Will the bootcamp improve my walking ability?
 - Walking limitations is one of the most significant impairments that patients with lumbar spinal stenosis experience. Published clinical studies have demonstrated that the bootcamp program can significantly increase walking ability in the majority of patients.
4. What is the success rate?
 - From the clinical trials conducted, approximately 83% of patients report at least a 50% improvement in their walking ability at the end of the program. Pain intensity typically decreases but it is not expected to go down to zero.
5. When will I see improvements?
 - Improvements in your functional ability takes time. Most patients demonstrate significant improvements within the first 6 weeks of the program. However, the best improvement is expected after 6 and 12 months of continued performing the boot camp exercises and implementing the instructed self-management strategies.
6. What happens after the 6-week program?
 - After the 6-week program you will continue doing your exercises once a day on a self-directed basis. Follow-up visits to assess your progress and to provide maintenance treatment may be recommended. Flare-ups are common and if they occur, periodic treatment sessions may be required.
7. Why do I need to increase my physical activity and reduce my sitting time?
 - It is important to be physically active and make sure you move throughout the day. Increasing your physical activity and reducing your sitting time can significantly reduce the risk of functional decline, loss of independence, and many other negative health consequences.

8. What do I do if my symptoms worsen?
 - Flare-ups are very common and should be expected. When you experience a flare-up of symptoms, it's important to keep moving and try to work through the pain. Use ice packing to control the pain and continue doing your exercises as best as you can. Consider your past successes to help you through the pain episode. If the pain does not settle down after 2 weeks, contact your health care provider.

9. Why should I learn how to do the pelvic tilt?
 - Performing the pelvic tilt can increase the space and reduce irritation and compression to the nerves traveling to the lower back and legs. Reducing nerve irritation and compression can reduce back and leg pain and improve standing and walking ability.

10. How do my family and friends help in my recovery?
 - Family and friends are significant sources of support for you as you manage your condition. It's important to rely on your support system as they can help motivate you to perform your daily exercises and self-management strategies.

11. How much time will the exercises take each day?
 - The exercises progressively increase each week. At the start, the exercises take about 5 minutes twice a day but once you are doing all the exercises, they can take approximately 25 to 30 minutes twice per day. At the end of the program, you will be expected to perform the exercises only once per day.

12. Why do I need a stationary bike?
 - A stationary bike will enable you to restore strength to your legs and to improve overall cardiovascular fitness without aggravating your pain. When you are on the bike, you are in a bent over position which increases the space and reduces irritation and compression to the nerves.

13. What if I do not have a stationary bike? Are there any other options?
 - Yes, there are other options you can do. For example, you can do stair climbing, walking in a pool or treadmill walking with an incline. These alternatives are can also increase your cardiovascular endurance and muscle strength, while avoiding compression or irritation to the nerves.

14. When is the best time to do the exercises while on the Boot Camp Program?
 - It is dependent based on every patient. You will need to do the exercises twice a day so work within your schedule to identify the best times for you. Typically, patients do their exercise in the morning and evening.

15. Can I do the exercises on my bed?

- Ideally exercises are best done on a mat on the ground, but many older adults have difficulty getting down and up from the floor. Therefore, the exercises have been designed with the ability to be performed on the bed.

16. What is the recommended daily step count for my age? How many daily steps should I be able to do?

- People over the age of 65 should aim to walk at least 4400 steps per day. However, studies suggest that even better health outcomes can be achieved when walking 7500 to 10,000 steps per day.