



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

SPINAL STENOSIS

Home Exercises

Spinal stenosis occurs when the spinal canal narrows and leads to increased pressure on the spinal cord and/ or contact with the nerve roots. Spinal stenosis leads to pain in the lower back, buttock, lower extremities, and feet, which can decrease daily function. Typically, pain will increase when going from sitting to standing, walking, and performing back extension as well as waking in the morning. You can have one or several of these symptoms with spinal stenosis. There is a correlation between aging and spinal stenosis. 95% of the population over 50 years old has some degree of spinal stenosis.

Exercise is critical to increase function and to decrease low back pain, as well as the radicular symptoms that it causes. Typically, flexion exercises lead to decreased pain by opening up the spinal canal, decreasing pressure and contact with nerve roots. Flexion of the low back is any exercise in which you are bending forward, such as sitting in a chair and touching the floor. Physical therapy will teach core strengthening, lower extremity stretching, and strengthening to increase tolerance to activities that may lead to pain and radicular symptoms.

As with all exercises, some soreness is expected. The exercises attached are general guidelines and not meant to be an exhaustive list. Please use your best judgment when starting a home exercise program. If you experience increased pain that continues without any decrease in symptoms, please contact your MD or PT for guidance.

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, use your hands and gently draw up a knee towards your chest.

Keep your other knee straight and lying on the ground.

Repeat 5 Times

Hold 15 Seconds

Complete 1 Set

Perform 2 Times a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While lying on your back, hold your knees and gently pull them up towards your chest.

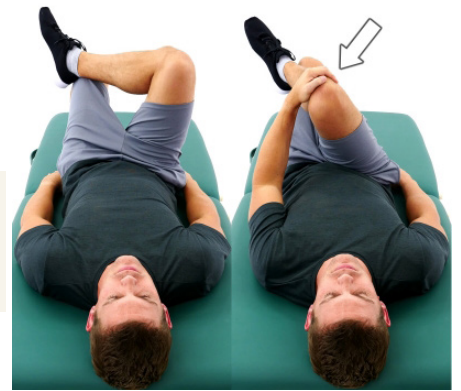
Repeat 5 Times Hold 15 Seconds
Complete 1 Set Perform 2 Times a Day



PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 5 Times Hold 15 Seconds
Complete 1 Set Perform 2 Times a Day



SUPINE ACTIVE HAMSTRING STRETCH

Grasp behind knee and keep leg at arms length. Extend leg up until a gentle stretch is found behind your knee.

The opposite knee can be bent or straight at your therapists discretion.

Repeat 10 Times Hold 15 Seconds
Complete 1 Set Perform 2 Times a Day



QUADRICEPS STRETCH - SIDELYING

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

Repeat 5 Times *Hold 30 Seconds*
Complete 1 Set *Perform 2 Times a Day*



SEATED LUMBAR FLEXION

Sit as tall as possible. Let your trunk fall forward toward the ground. Hold your hands on the ground once you get to the bottom and let everything relax.

Repeat 5 Times *Hold 30 Seconds*
Complete 1 Set *Perform 2 Times a Day*

