

Spinal Stenosis

As we get older, there may be some level of degeneration in the joints within your spine. This is a normal ageing process. A diagnosis of spinal stenosis means that due to this degeneration, there is narrowing of the space where the nerves pass from your spinal cord. You may experience pain, pins and needles, or some numbness down your legs, as the nerves from your lower back send signals to and from your legs. These symptoms can often be relieved by leaning forward. Your pain may be aggravated by being in positions such as standing and walking,

The following exercises can be completed regularly to improve your strength whilst easing your symptoms.

Exercise 1 - OPTION 1 - Chair Squat

Start by sitting on a chair with your arms across your chest. Slowly stand from the chair, with your feet and knees slightly wider than hip distance apart. Keep your knees in line with your feet. Slowly return to a sitting position and then repeat until you feel fatigued.

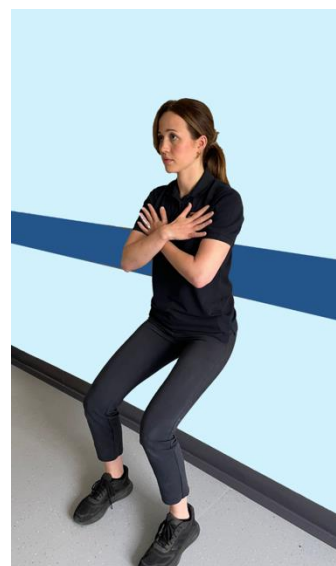
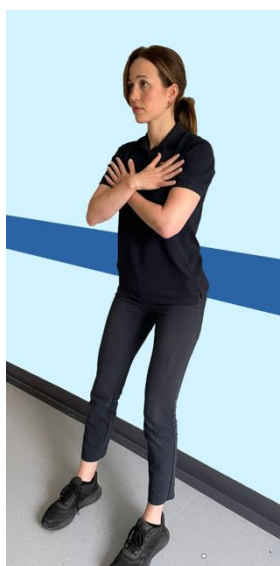
You should aim to complete 3-4 sets with a short rest between.



Exercise 1 - OPTION 2 – Wall Sit

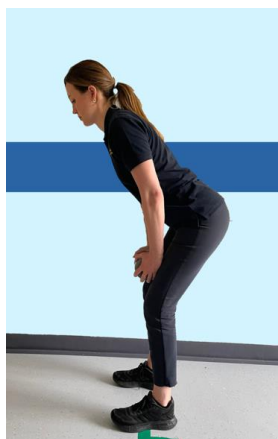
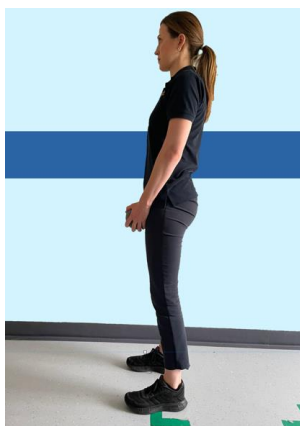
Start by leaning your back against a supportive wall with feet and knees slightly wider than hip distance apart. Slowly slide down the wall bending the knees and hips. Hold for 5-10 seconds and then repeat until you feel fatigued.

You should aim to complete 3-4 sets with a short rest between.



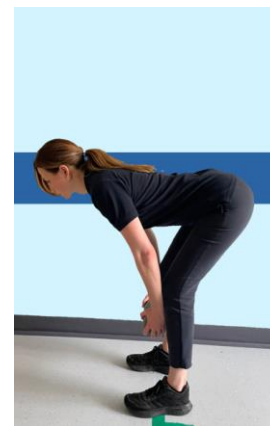
Exercise 2 – OPTION 1 – Forward flexion (RDL) +/- weight to thighs

Start in standing with hands together, you can use a weight to make this exercise harder. Slowly bend forwards, keeping the knees slightly bent, and hinging at your hips to take the hands to mid-thigh position. Keep the spine long and shoulder blades tucked together. Move slowly and controlled, then come back into standing squeezing your buttocks muscles to come back into upright standing. Repeat until you feel fatigued. You should aim to complete 3-4 sets with a short rest between.



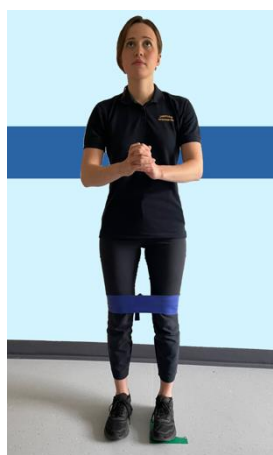
Exercise 2 – OPTION 2 – Forward flexion (RDL) +/- weight to shins

Start in standing with hands together, you can use a weight to make this exercise harder. Slowly bend forwards, keeping the knees slightly bent, and hinging at your hips to take the hands to mid-shin position. Keep the spine long and shoulder blades tucked together. Move slowly and controlled, then come back into standing squeezing your buttocks muscles to come back into upright standing. Repeat until you feel fatigued. You should aim to complete 3-4 sets with a short rest between.



Exercise 3 – OPTION 1 – Crab walk with band

Place a resistance band around your knees, or ankles to make this exercise harder. Start in standing with hands together, keeping the knees slightly bent, and hinging at your hips. Keep the spine long and shoulder blades tucked together. Sidestep keeping the knees and feet in line. Move slowly and controlled against the resistance of the band. Repeat until you feel fatigued. You should aim to complete 3-4 sets with a short rest between.



Exercise 3 – OPTION 2 – Crab walk with band and weight

Place a resistance band around your knees, or ankles. Hold a small weight at the level of your mid-thigh. Start in standing, keeping the knees slightly bent, and hinging at your hips. Keep the spine long and shoulder blades tucked together. Side step keeping the knees and feet in line. Move slowly and controlled against the resistance of the band. Repeat until you feel fatigued. You should aim to complete 3-4 sets with a short rest between.

