

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 nerve passes 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 daily to try and ease your symptoms.

Posterior pelvic tilt



Start by lying on your back, with your knees bent and feet on the bed/floor. Flatten your lower back against the bed and pull in your stomach. Your pelvis should tilt backwards as your lower back presses against the bed. Relax back to a neutral position. Repeat x

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Cow stretch



Start on your hands and knees, stretch your back up towards the ceiling, and then relax back to neutral.

Forward flexion in sitting



This stretch can be done in sitting to relieve your symptoms.

Knee hugs



Lie on your back, with your knees bent and your feet on the bed. Hug one or both knees into your chest. Hold for 10-20 seconds. Relax.



Repeat on the opposite leg.