

# Redefining Active



Presentation courtesy of  
International Council on Active Aging



# Lumbar Spinal Stenosis

What is it?

Do I have it?

How do I live  
with it?

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# Lower Back Pain

## Mechanical – 90%

Related to position

Related to movement

Related to physical structure

## Non-Mechanical – 10%

Inflammatory

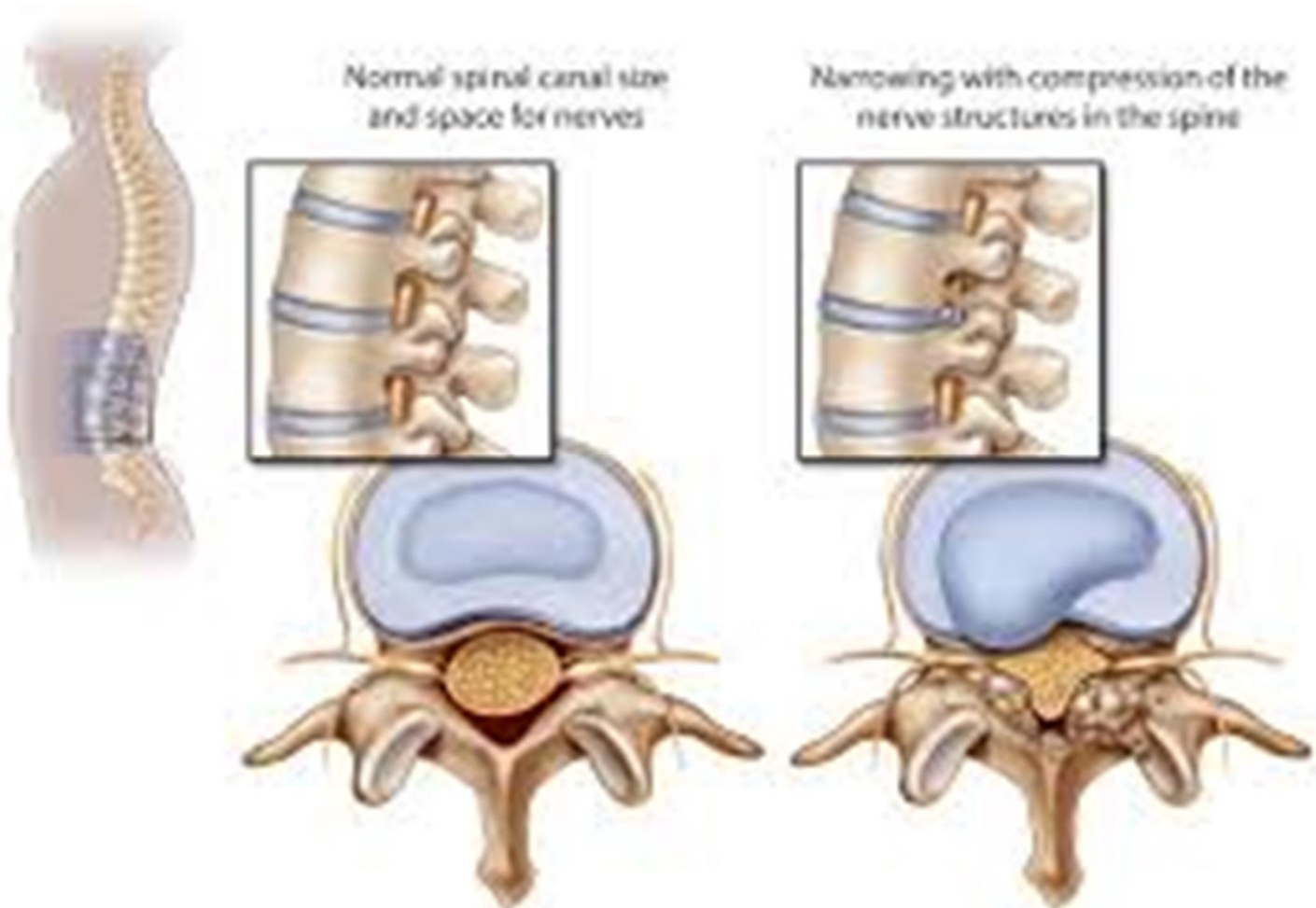
Infection

Tumour

Other

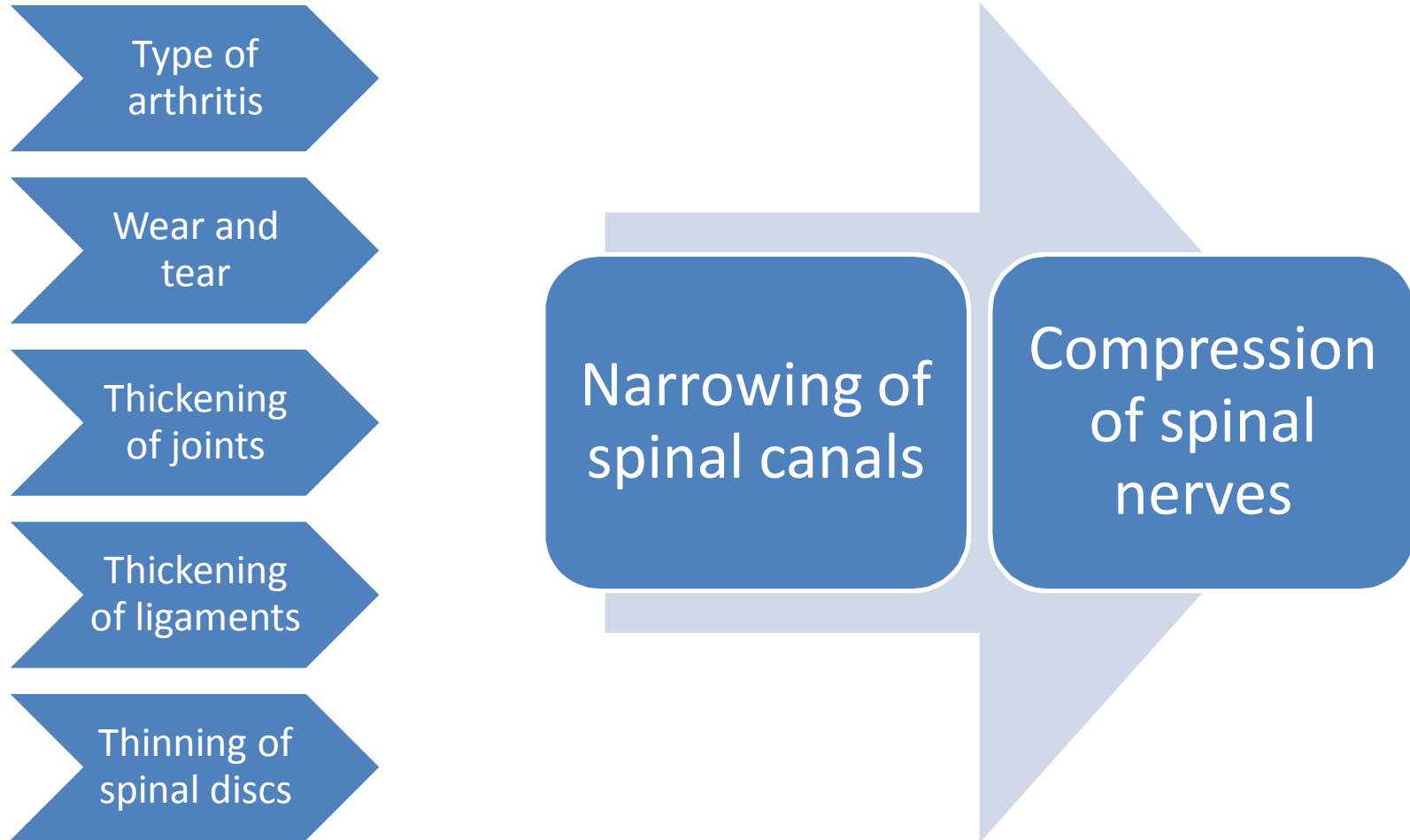


# LSS – What is it?





# LSS – What is it?



“NEUROGENIC CLAUDICATION”





# LSS – What is it?

**NORMAL**



Sagittal T2 MRI showing normal lumbar lordosis with spacious spinal canal

**STENOSIS**

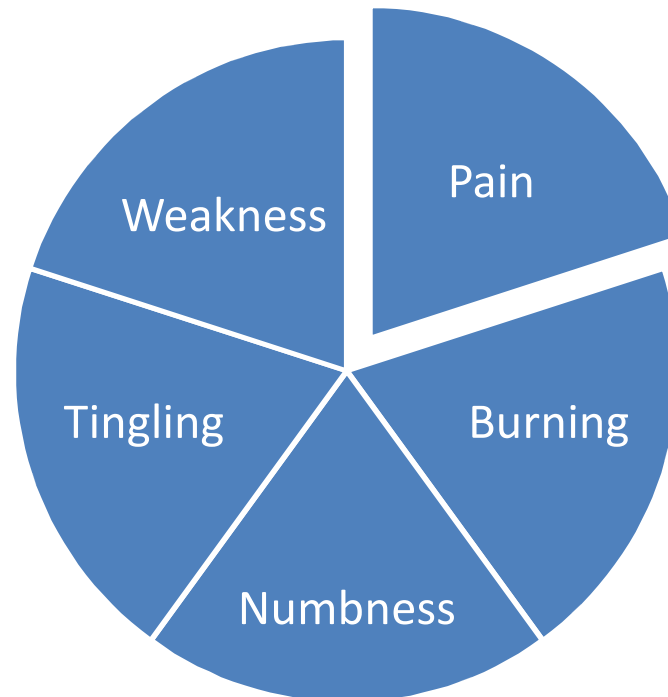


Sagittal L3-4 T2 MRI showing degenerative changes, including disc bulging, loss of disc height, facet and ligament hypertrophy, and grade 1 spondylolisthesis at L3-4, producing spinal stenosis.



# LSS – Do I have it?

## Signs and Symptoms





## Symptoms of Lumbar Spinal Stenosis



- Standing provokes symptoms
- Pain/weakness



- Patients lean forward while walking to relieve symptoms



- Sitting or bending forward relieves symptoms





# LSS – How can I live with it?

## Treatments

### Surgical

- Decompressive laminectomy
- With/without fusion
- Better outcomes > 1year
- No difference in < 6 months
- Relieves pain in legs better than back

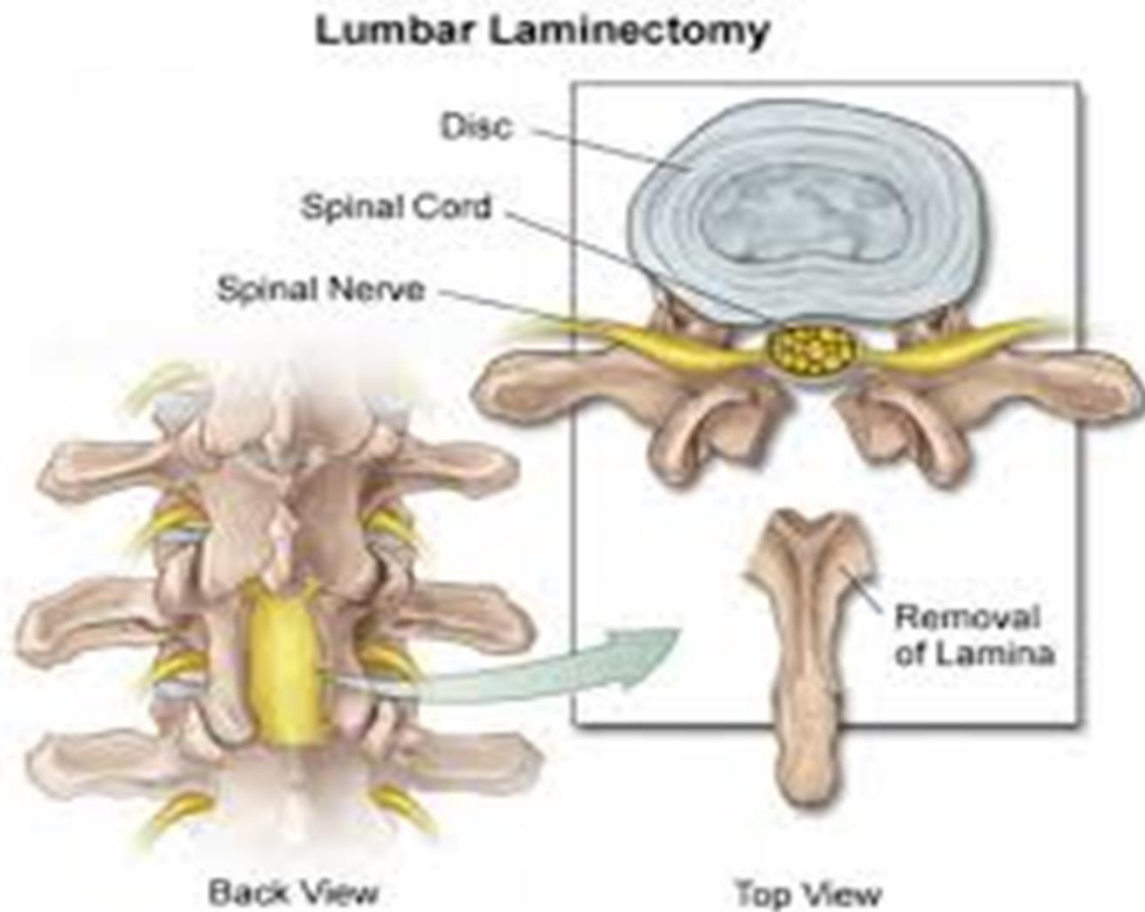
### Non Surgical

- POSTURE!
- Manual therapy
- Special exercises
- Self management
- Pain management
- Spinal injections



# LSS – How can I live with it?

” Surgical





## LSS – How can I live with it?

### Exercises:

<https://app.physiotec.ca/program/show?session=g2e1ptl43lg4vtpogl5gbh0d9s3bt5n1#/h1570070376454>



## Tips for Success

- “ Routine
- “ Relaxation (esp to help fall asleep)
- “ Breathing Exercises
- “ Imagery
- “ Pacing and Coping (breaks, use of aids)

# Redefining Active



Thank you!