



## **A Not-for-Profit Research & Resource Centre**

### **Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis**

#### **Full Day Workshop**

#### **Why learn the Boot Camp Program for Lumbar Spinal Stenosis (LSS)?**

- LSS is a leading cause of pain, disability and loss of independence in people over the age of 65
- *With the aging population and because people are living longer we are experiencing a soaring rise in the number of people suffering from LSS*
- *3 million Canadians and over 20 million Americans will suffer from LSS in the next 15 years*
- *The dominant features in LSS is pain and limited walking ability (look around and see the number of people walking with canes, walkers, scooters and wheelchairs)*
- *Chiropractors are well positioned by their training and skills to make a significant impact in improving walking ability and quality of life in people with LSS. They should and can be the experts in non-operative treatment of LSS.*
- *You will learn a step-by-step treatment program for patient with LSS that was developed at Mount Sinai Hospital and The University of Toronto. The program focuses on hands-on practical application of the program.*
- *The program is currently being used at the Spinal Stenosis Clinic at Mount Sinai Hospital*
- *You will learn the skills and receive the tools to start the program first day back at your practice.*
- *It is an evidence-based program that has been tested formally on 50 consecutive patients (award winning publication in JMPT January 2015) and results have been very impressive.*
- *In two clinical trials, one at the University of Toronto and another at the University of Pittsburgh, The Boot Camp Program demonstrated impressive superior clinical outcomes.*
- *Acquire the knowledge, skills and tools to be the expert in the non operative management of LSS in your community.*
- *Receive certificate of completion and have your name and clinic listed on the spinemobility website as a trained practitioner.*

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

[www.spinemobility.com](http://www.spinemobility.com) [info@spinemobility.com](mailto:info@spinemobility.com)



***A Not-for-Profit Research &  
Resource Centre***

**Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis  
Full Day Workshop Syllabus**

**8am 12 noon and 1 pm to 5 pm**

**Workshop Learning Objectives and Outcomes**

**A. Lecture Portion (2.5 Hours)**

Understand the etiology, patho-anatomy, patho-physiology, prevalence and burden of disease in symptomatic LSS

Understand the key features of the history and physical examination for patients presenting with back/lower extremity symptoms impacting walking and standing ability

Know common differential diagnoses for neurogenic claudication due to lumbar spinal stenosis.

Know how to differentiate each of the diagnoses know red flags for potential serious disease among patients who present with back/lower extremity symptoms

Know the role of imaging for assessing patients with back/lower extremity symptoms impacting walking ability.

Know when to recommend a surgical consult/epidural injection

Know potential effective non-surgical treatments for neurogenic claudication

Understand the chronic disease model of care and management

Understand the role of patient self-management and self-monitoring

Learn how to monitor patient outcomes and instruct on patient self-management

**B. Demonstration/Hands-On Portion**

**(a) Learn to perform all the specific manual therapy techniques (2.5 Hours)**

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

[www.spinemobility.com](http://www.spinemobility.com) [info@spinemobility.com](mailto:info@spinemobility.com)



## ***A Not-for-Profit Research & Resource Centre***

Understand the rationale and learn to perform all the manual techniques in the boot camp program

### **b) Learn to perform all the specific patient exercises (2.5 hours)**

- Understand the rationale and learn to perform all patient exercises in the boot camp program

### **c) Learn how to implement the boot camp program in your clinic (0.5 hours)**

- Understand the rationale for the Boot Camp Program and its underlying principles
- Learn how to integrate and implement program in your clinic

### **Summary**

The Boot camp program is an evidence-based multi-modal approach suited for practitioners who use manual therapy. The approach is focused on improving functional status especially walking ability. The program is directed to the multi-faceted aspects of DLSS that includes physical impairments (patho-anatomy, spinal stiffness, lower extremity weakness and overall deconditioning), pathophysiology (neuro-ischemia) and psychosocial aspects (poor expectations and depression).

This workshop will provide step-by-step training on how to perform all necessary patient exercises, manual therapy techniques and how to provide patients with self-management strategies. At the end of the workshop the learner will be able to implement the Boot Camp Program in their clinic.

### **Instructor**

Dr. Carlo Ammendolia is the Director of the Spine Clinic and the Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis and Autoimmune Diseases at Mount Sinai Hospital. He received his MSc degree in Clinical Epidemiology and Health Care Research and his PhD in Clinical Evaluative Sciences from the University of Toronto. Dr. Ammendolia is an Assistant Professor in the Institute of Health Policy, Management and Evaluation, the Department of Surgery and the Institute of Medical Sciences at the University of Toronto.

In 2012 and 2017, Dr. Ammendolia was recipient of the Professorship in Spine Award from the Department of Surgery in the Faculty of Medicine. In 2015, he was awarded the

*621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6*



## ***A Not-for-Profit Research & Resource Centre***

Chiropractor of the Year Award from the Ontario Chiropractic Association and in 2016 the Researcher of the Year Award from the Canadian Chiropractic Association. Dr. Ammendolia has been in clinical practice for over 36 years and now combines clinical practice, research and teaching in the areas of non-operative treatment of mechanical, degenerative and inflammatory spinal disorders. He is the founder of spinemobility, a not-for-profit Research and Resource Centre aimed at developing and testing programs for spinal and other musculoskeletal conditions. Dr. Ammendolia developed the Boot Camp Programs for lumbar spinal stenosis, persistent low back pain, persistent neck pain, ankylosing spondylitis, sciatica, persistent shoulder pain, knee and hip OA and fibromyalgia. He conducts workshops worldwide on his boot camp programs.

### **Course Educational Materials**

#### **Lumbar Spinal Stenosis Patient Workbook**

- Written background information on the causes, common symptoms and available treatments for Lumbar Spinal Stenosis
- An overview of the Boot Camp Program for Lumbar Spinal Stenosis
- Instructions and illustration of all patient exercises and self-management strategies
- A schedule to record intensity and frequency of each exercises over the 6-week program

#### **Lumbar Spinal Stenosis Patient Instructional DVD**

- Video presentation by Dr. Ammendolia on the causes, common symptoms and available treatments for Lumbar Spinal Stenosis and overview of the Boot Camp Program for Lumbar Spinal Stenosis
- Video demonstration of all exercises and self-management strategies including proper sitting/driving/standing/walking and sleeping postures

#### **Lumbar Spinal Stenosis Practitioner Treatment Protocol DVD**

- Video demonstration on all manual therapy techniques
- Instruction on how to implement the Boot Camp Program into clinical practice

#### **Lumbar Spinal Stenosis Practitioner Implementation Guide**

- Written step-by-step and visit by visit instruction on implementing and integrating the boot camp program into clinical practice

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

[www.spinemobility.com](http://www.spinemobility.com) [info@spinemobility.com](mailto:info@spinemobility.com)

- Recommended patient schedule and progression for daily exercise intensity and frequency over the 6-week program



spinemobility

Boot Camp Program  
**LUMBAR SPINAL STENOSIS**  
 Dr. Carlo Ammendolia

3rd Edition

spinemobility

A Not-for-Profit Research & Resource Centre

**For Clinicians Implementing Dr. Ammendolia's Boot Camp Program for Lumbar Spinal Stenosis ©**

Before starting the program with patients first review the following:

- 1) The About spinemobility and How to Get Started Videos free on our website
- 2) The Practitioner Treatment Protocol Video (manual therapy) and Patient Instructional Video (exercises) and
- 3) The Patient Workbook

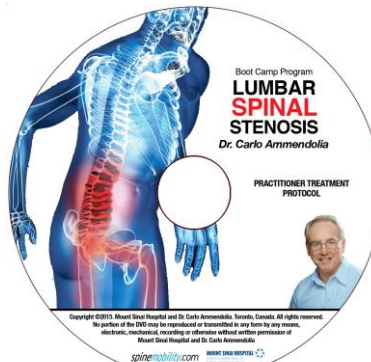
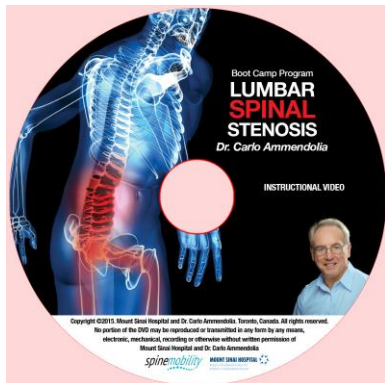
**Visit #1 (following initial consult)**

- 1) Explain program to patient highlighting goals and objective of program. The focus of program is improving function especially standing and walking ability. Reduction of pain is a secondary goal. Expect pain to improve with improved function. Explain importance of a stationary bike to improve lower extremity strength and overall fitness and importance of adherence to program schedule and exercises.
  - 2) Give manual therapy treatment as described in video
  - 3) Show first 4 exercises in workbook . . . start with 5 minutes on stationary bike 2x/day. Demonstrate exercises #2-4 (5 second holds, 5 repeats 2x/day). Instruct patient to do walk test (use pedometer - click on 'steps', set to '0'; patient does a 'test-step walk', same time /day & same place on their own before next visit; if able to walk 'forever', use time of first symptoms/pain)
  - 4) In patient's workbook on schedule page, record: a) date and b) under week #1 . . . 5 min on bike and for exercises #2-4, seconds held (5) & repeats (5). Copy of patient schedule also needs to be kept in chart to follow patient progress!
- \*\*\*\*\* Remind patient they will be coming in 2x/week for 6 weeks!

**Visit #2**

- 1) Record step count (that patient was supposed to have done at home using pedometer) on bottom of schedule sheet in patient's workbook and in patient's chart
  - 2) Give manual therapy (same as visit #1) as described in video
  - 3) Review previous exercises #1-4
  - 4) Give 2 new exercises (#5-6)
  - 5) Record on schedule sheet in patient's workbook (patient needs to bring each visit), new exercises but with same intensity (5 second holds & 5 repeats) and also on the patient's chart using same information as was entered in their workbook
- Visit #3**
- 3) Give manual therapy same as above
  - 4) Review last week's exercises #1-6
  - 5) Give 2 new exercises (#7-8) but because new week, we increase hold by 1 sec
  - 6) Record date on week #2. Record everything on schedule sheet & patient's chart
- \*\*\*\*\* This same procedure is repeated each visit, adding 2 new exercises; except new step counts are ONLY done 1x/week, recorded on bottom of the schedule page in patient's workbook and patient's chart.

621-95 Prince Arthur Ave., Toronto, Ontario, Canada, M5R 3P6  
[www.spinemobility.com](http://www.spinemobility.com) [info@spinemobility.com](mailto:info@spinemobility.com)



621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

[www.spinemobility.com](http://www.spinemobility.com) [info@spinemobility.com](mailto:info@spinemobility.com)