

Boot Camp Program for Lumbar Spinal Stenosis

Week:	1	2	3	4	5	6
Date:						
1. Stationary Bike - leaning forward	___ min	___ min	___ min	___ min	___ min	___ min
Lying on Back						
2. Knee to chest stretch Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
3. Knee to opposite chest Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
4. Double knee to chest	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
5. Pelvic twist 5a. Advanced Pelvic twist	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___
6. Nerve flossing (leg then foot) Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
7. Pelvic tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
8. ½ sit ups	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Lying on Side						
9. Side sit ups- knees bent Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
10. Side Hip lifts – elevate-move forward 3 levels Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
11. Quadriceps stretch- Grasp foot or lower leg and pull toward buttock- right and left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Standing using chair and table OR prone with large pillows under pelvis						
12. Back leg extensions (leaning over chair)- lift leg back six inches. Right then left	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___
12a. Back leg extensions (prone using bolster)- lift six inches. Right then left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
13. Torso extensions (leaning over table)- lift torso up/down six inches	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___
13a. Torso extensions (prone using bolster)- lift torso up/down six inches	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Sitting						
14. Sit –stand from chair	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
15. flex forward, grasp ankles and pull downward	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Standing						
16. Standing pelvic tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
17. Groin stretch- place foot on chair and lean forward-right and left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Walking						
18. Graduated walking with pelvic tilt	___ steps	___ steps	___ steps	___ steps	___ steps	___ steps
Step Count						
Past week average pain (0-10) and physical limitation scores (0-10)	_____	_____	_____	_____	_____	_____

Avoid back extension activities - that is arching your back backwards

1

STATIONARY BIKE

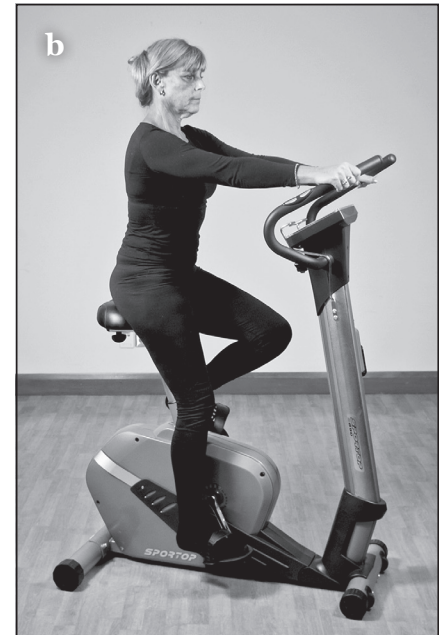
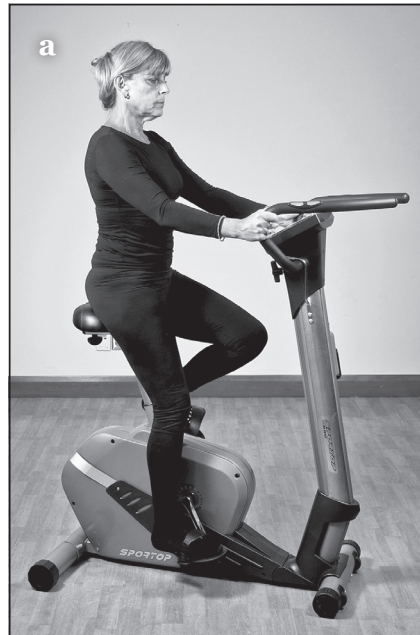
Instructions

1. Make sure the seat is at a level which will allow the legs to fully straighten while pedaling
2. Lean a little forward towards the handlebars.
3. Start with mild tension and slowly increase each week so you are still able to complete the required time.

Safety Precautions:

Use a bike with a large comfortable seat.

Be careful when getting on and off the stationary bike. It may be helpful to use a stool.



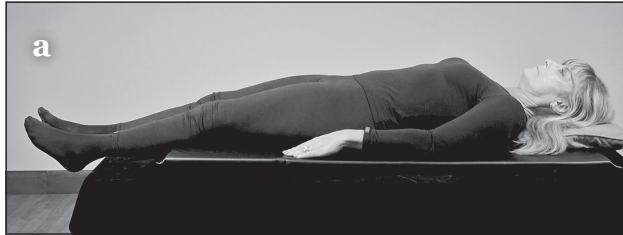
SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Stationary Bike - leaning forward	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes
Tension (resistance)						

KNEE TO CHEST STRETCH

Right and Left

2



Instructions

1. Lay on your back
2. Bring one knee to your chest
3. With both hands on the knee, bring the knee as far as you can to your chest/shoulder and hold
4. Keep the other leg straight on the mat.
5. Repeat with the other leg



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Knee to Chest stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

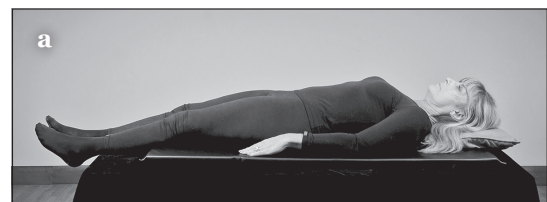
3

KNEE TO OPPOSITE SHOULDER STRETCH

Right and Left

Instructions

1. Lay on your back
2. Bring your left knee to your chest.
3. Place both hands on the outside of the left knee. Pull the knee towards the right shoulder as far as you can.
4. Hold on to your left ankle with your right hand and pull towards your right shoulder and hold.
5. Repeat the exercise with your right leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Knee to Opposite Shoulder stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

4

DOUBLE KNEE TO CHEST STRETCH

Instructions

1. Lie on your back
2. Using both hands bring both knees towards the chest as close as you can and hold

NOTE: exercises 2, 3 and 4 can be done in the following order to be effective: Knee to Chest Stretch, then Knee to Opposite Shoulder Stretch, and repeat on the other side and then finish with Double Knee to Chest Stretch.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Double Knee to Chest stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

PELVIC TWIST STRETCH

5



Instructions

1. Lie on your back
2. Bend both knees keeping your feet together and flat on the floor
3. Keeping your knees together, bring them to one side and hold for one second then the other side and hold for one second and then repeat.



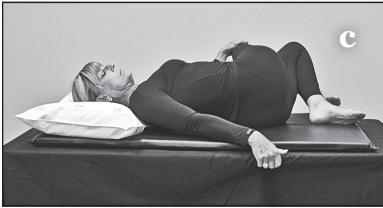
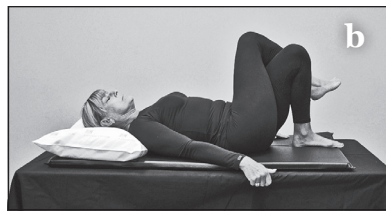
*Note: It is important to keep your shoulders flat on the floor.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Twist stretch	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____

ADVANCED PELVIC TWIST

5a



Instructions

1. Lie on your back and bend both knees, keeping your feet flat on the mat.
2. Place the right leg over the left knee and while keeping both shoulders on the mat, drop the right knee towards your left side.
3. Place your left hand on your right knee and gently push your knee downwards as far as you can and hold.
4. Repeat the process on the opposite side.

SCHEDULE

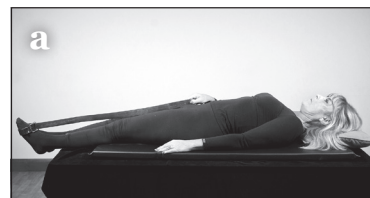
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Twist stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

6

NERVE FLOSSING (Neuro-Mobilization)

Instructions

1. Lie on your back and using a belt or strap, wrap the belt around the base of the toes of one foot.
2. Pull the leg near you keeping your knees straight as far as you can and hold.
3. Then, point the toes up to the ceiling for one second and then using the belt pull the foot down for one second. Keep doing this. Make sure your knee is straight and your leg is being pulled closer to you.
5. Do this again with the other leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Nerve Flossing neural mobilization	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

7

PELVIC TILT



Instructions

1. Lie on your back with feet about 6 inches apart and knees bent.
2. Squeeze your buttock. Hold in your stomach making sure it is tight and tilt the tummy towards your head.
3. Make sure your lower back is flattened against the floor.
4. Hold this position. Do not lift your pelvis off the floor.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

HALF SIT-UP

8

Instructions

1. Lie on back with legs about 6 inches apart and knees bent and feet flat on floor
2. Place your arms across your chest (or place hands behind neck)
3. Raise your chest half way off the floor and hold

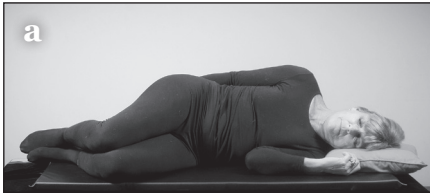


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Half Sit-Up	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

SIDE SIT-UP

9



Instructions

1. Lie on your left side and bend both knees.
2. Make a fist with your left hand. Bend your left arm and point your fist to the ceiling. Now place your left elbow on your body.
3. Put your right hand on the fist of your left hand.
4. Push down with your right hand. At the same time lift your body and hold. Repeat on other side.

SCHEDULE

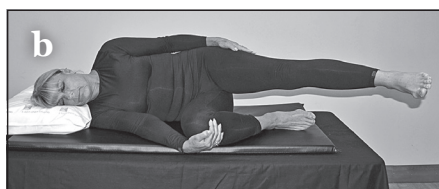
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Sit-Up	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

10

SIDE HIP LIFT

Instructions

1. Lie on your right side, bend your bottom knee and bring it up towards your chest with your right hand.
2. Raise your top leg, keeping it straight, about 12" above the mat and parallel to the floor. Hold.
3. Move your straight leg towards your head about 45 degrees and hold.
4. Then bring your straight leg towards your head as far as you can and hold.
5. Repeat on the opposite side.



SCHEDULE

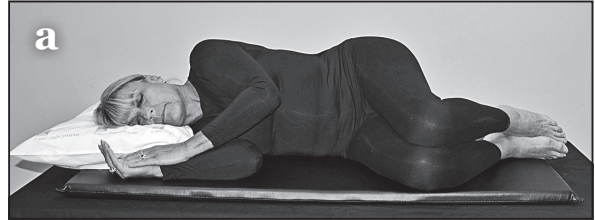
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Hip Lift	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

11

QUADRICEPS STRETCH

Instructions

1. Lie on your right side and bend your knees.
2. Pull the right knee with your right hand up towards your chest.
3. With your other hand, grasp the ankle of the top leg (or you can use a belt or strap) and pull the leg backwards. Make sure your back is straight. Hold.
4. Repeat on opposite side.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Quadriceps Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

BACK LEG EXTENSION USING CHAIR

12



Instructions

1. Put a chair with arm rests against a wall.
2. Keep your legs straight. Lean forward. Put your hands and forearms on the arm rests.
3. Put your right leg behind you. Keep it straight. Do not curve your back.
4. Lift the right foot 6 inches above the floor and hold for one second. Then place the foot on the floor. Repeat.
5. Repeat on left leg.

SCHEDULE

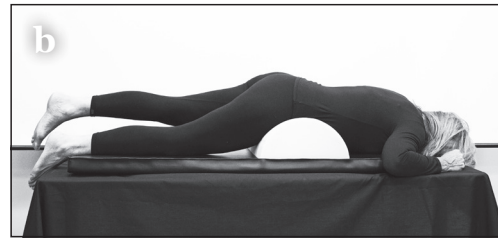
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension using chair	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____

BACK LEG EXTENSION (PRONE)

12a

Instructions

1. Place a stack of pillows or blankets (or use a bolster) on a mat about 12" high.
2. Lie, face down, with your stomach on the pillows/blankets or bolster.
3. Lift one leg 6" off the mat, keeping the knee straight. Do not curve your back.
4. Hold.
5. Repeat with the other leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension (Prone)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

13

TORSO EXTENSION USING TABLE

Instructions

1. Stand in front of a table/desk with legs shoulder width apart and knees a little bent.
2. Place hands behind your back and lean forward until your nose touches the table.
3. Bring your chest up about 6" and hold for one second.
4. Then go back down to the table again and repeat.

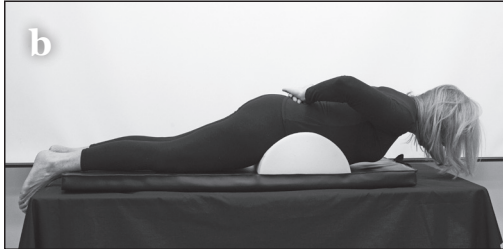


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Torso extensions using table	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____	reps ____ sets ____

TORSO EXTENSION (PRONE)

13a



Instructions

1. Place a stack of pillows or blankets (or use a bolster) on a mat about 12" high.
2. Lie, face down with stomach on pillows/blankets or bolster.
3. Place your hands behind your back.
4. Keep your back straight, lift your chest 6 inches off the mat. Do not curve your back. Make sure your back is straight.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Torso Extension (Prone)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

14

SIT-STAND

Instructions

1. Make sure your chair has arm rests. Sit on the edge. Keep hands on arm rests. Make sure legs are shoulder width apart.
2. Lean forward with arms straight out in front and stand up (you can use arm rests to help you get up if necessary).
3. Now slowly try to sit down while shifting your weight on your heels and getting your buttock towards back of chair.
4. When your buttock is about 6 inches from the chair hold this position.
5. Then return to the sitting position and repeat.



SCHEDULE

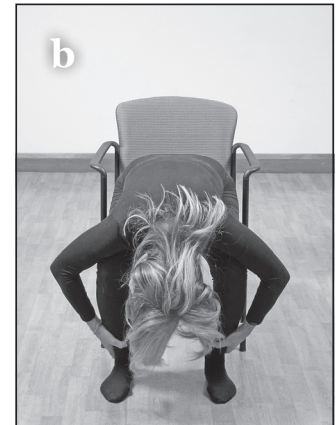
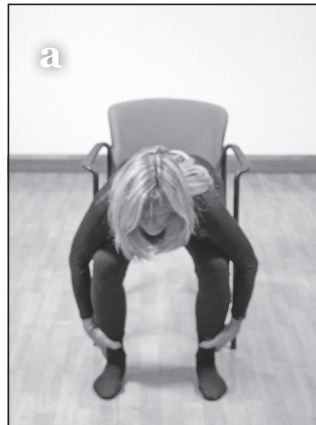
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sit-Stand	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

15

SITTING FORWARD FLEX

Instructions

1. Sit on the edge of a chair with legs shoulder width apart.
2. Hold your ankles from the side of your legs and pull yourself down toward the floor. You should feel your lower back stretch.
3. Hold this position.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sitting Forward Flex	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

STANDING PELVIC TILT

16



Instructions

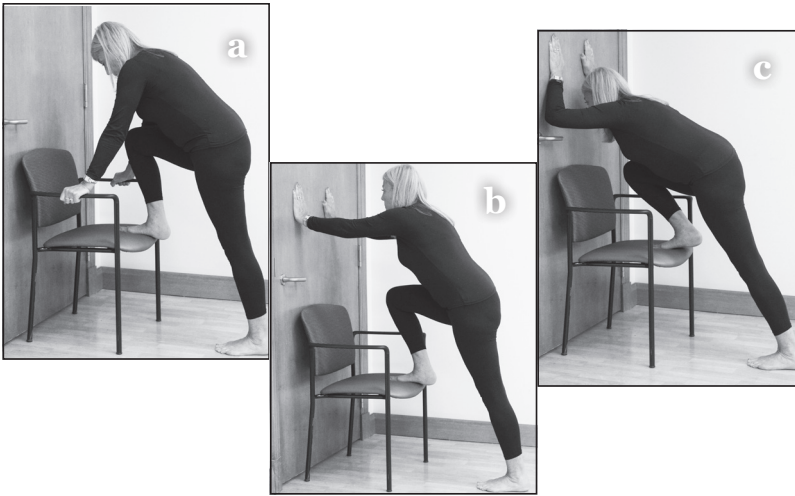
1. Stand with your feet shoulder width apart.
2. Squeeze your behind and tilt your stomach up (flatten the lower back). Avoid curving your back.
3. Hold this position.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

STANDING GROIN STRETCH

17



Instructions

1. Place a chair against a wall.
2. Place one foot on the chair with the knee bent. The other leg should be straight and away from the chair.
3. Do the pelvic tilt and lean forward bending the knee that is on the chair. Place hands on wall. You should feel a stretch in the groin of the other leg.
4. Hold this position.
5. Repeat on opposite side

SCHEDULE

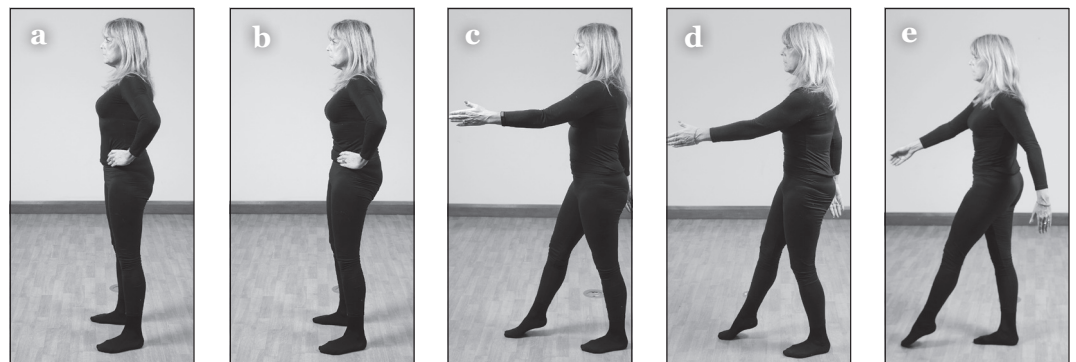
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Groin Stretch	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __	hold __ repeat __

18

WALKING PELVIC TILT

Instructions

1. Stand in the pelvic tilt position.
2. While doing this, try to walk normally, swinging your arms.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Walking Pelvic Tilt	steps __	steps __	steps __	steps __	steps __	steps __