



# 5 BEST EXERCISES FOR SPINAL STENOSIS

## FOR GUARANTEED TO IMPROVE PAIN AND WALKING

This workout is designed to improve stenosis symptoms and improve strength in your back and hips. You should notice an improvement in your walking and standing ability. It should be pain free but not soreness free. You can use the video on YouTube as a reference as well.

**FREQUENCY** 3/week

**EQUIPMENT** Incline Board

**FOCUS** Improve Space  
Reduce Pain  
Build Strength

### WORKOUT FORMAT

You can do this when you are stiff or uncomfortable. It's not the easiest but it's what will improve your pain and ability to stand and walk.

### SEATED LUMBAR FLEXION

**Target:** Opening up the lower back and hips

To perform this exercise, sit in a chair with your legs spread out and round your neck and upper back while leaning forward until you feel a good stretch in your back. Hold this position for 1-2 seconds, then return to the seated position without coming up far enough to cause pain.



### DOSAGE:

15 for 1-2 second holds

### TIP:

Can modify by leaning slightly left or right if you have one-sided leg pain.

## STANDING HIP EXTENSION STRETCH

**Target:** *Lower back and lengthen the hip flexors*

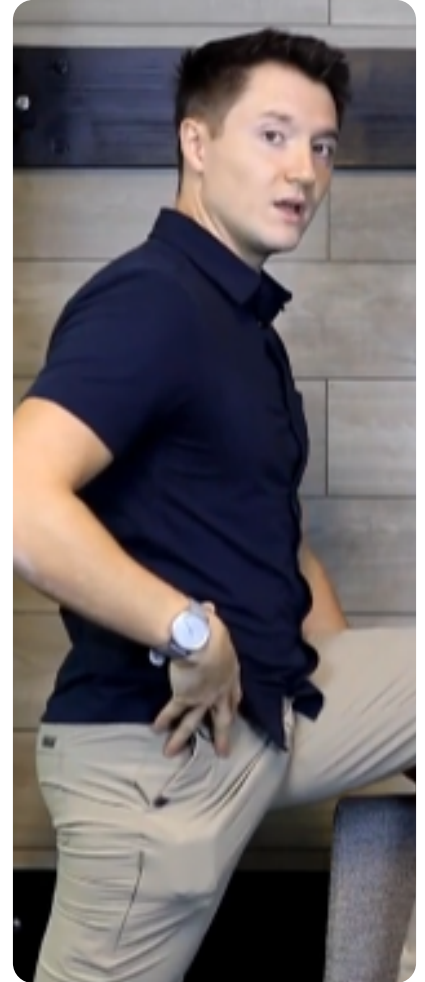
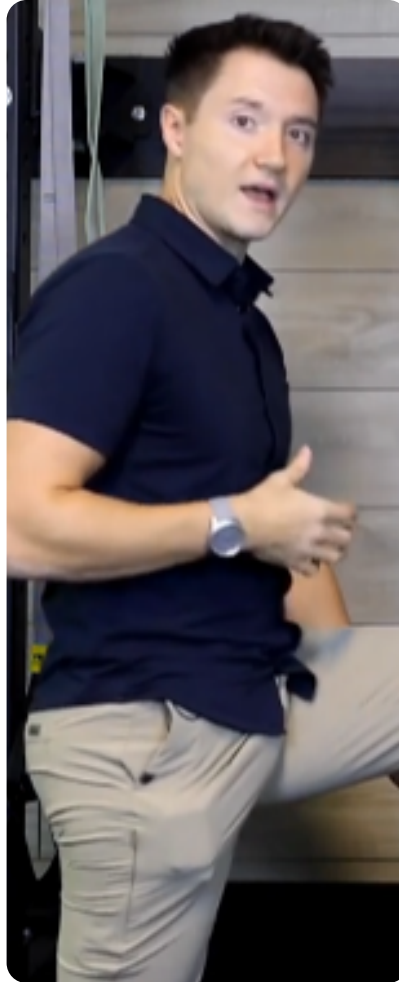
For this exercise, stand beside a chair and use the back for balance while maintaining a tall posture with slight flexion to avoid pain. Shift your weight forward to feel a stretch in the front of your hip behind you.

### DOSAGE:

x15 each side  
with 1-2 second hold

### TIP:

Try leaning slightly forward if you are having any back pain when you do this. Also, hold onto something sturdy to help with balance.



## SQUAT WITH INCLINE BOARD

**Target:** *Glute and quad strength*

Use a wedge board or folded yoga mat to elevate your heels. While holding onto a chair for balance perform squats and go as far as you feel comfortable.

### DOSAGE:

2x12

### TIP:

The deeper the range of motion the harder it is. It's normal to feel some knee pressure.



## LUMBAR FLEXION WITH NERVE GLIDE

**Target:** *The sciatic nerve and lumbar spine*

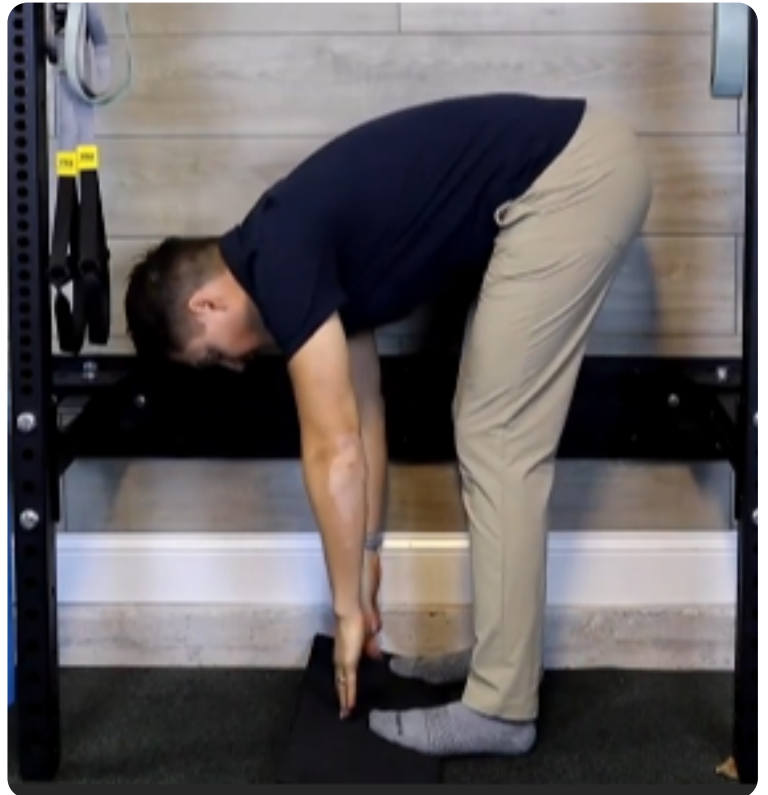
Place the ball of your feet on an inclined surface with your toes elevated, keep your legs straight, and bend forward until you feel tension in your calves or back of your legs.

### DOSAGE:

10 Repititions for 5 second holds

### TIP:

Keeping the legs straight is key. It's okay if you don't go that far down!



## MODIFIED LUNGE

**Target:** *Quad and hip strength*

Get into a lunge position beside a chair and use a pillow or yoga block under your knee if needed for comfort. Brace heavily with one hand on the chair while maintaining forward flexion with your chest toward your knee throughout the movement. Use your glute and leg strength to lift up and then lower down.

### DOSAGE:

2x12 on each side

### TIP:

Stay leaning forward to reduce pressure on the lower back and nerve.



WATCH THE VIDEO HERE!



Back Pain  
and Sciatica Blog



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