

Lumbar spinal stenosis conservative treatment

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For decades the mainstays of nonsurgical [lumbar spinal stenosis treatment](#) included physical therapy, spinal manipulation, exercise, and stretching

Medical management consisted of nonsteroidal anti-inflammatory medications (NSAIDs), anticonvulsants, antidepressants for neuropathic pain, and opioids. Traditional interventional treatment consisted of interlaminar lumbar epidural steroid injections (ESIs) and transforaminal ESIs. Although these strategies can reduce pain significantly, they often have the limitation of short-term duration of benefit (1 -6 months).

A study will assess the [effectiveness](#) of a 6-week specific [rehabilitation](#) program combining [education](#) and [exercises](#) on walking capacity in patients with [lumbar spinal stenosis](#) and [neurogenic claudication](#). By measuring objective [gait](#) pattern characteristics, the study will also provide new information about the impact of [neurogenic claudication](#) on gait patterns that could eventually improve the evaluation and management of LSS ¹⁾

¹⁾

Houle M, Tétreau C, Châtillon CÉ, Marchand AA, Descarreaux M. Effectiveness of a 6-week specific rehabilitation program combining education and exercises on walking capacity in patients with lumbar spinal stenosis with neurogenic claudication: a randomized controlled clinical trial protocol. *Trials*. 2022 Dec 27;23(1):1046. doi: 10.1186/s13063-022-07011-3. PMID: 36572884.

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