

Nottingham Family Wellness Centre

Lumbar Spinal Stenosis

Stretches

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Leave the other leg straight.

You should feel the stretch through the lower back and buttock



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

KNEE TO OPPOSITE CHEST STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

You should feel this stretch through the lower back and buttocks.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

DOUBLE KNEE TO CHEST STRETCH

While lying on your back, hold your knees and gently pull them up towards your chest.

You should feel the stretch through your lower back and buttocks.



Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

Lumbar Spinal Stenosis



PIRIFORMIS AND HIP STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg. Try to keep your back straight, and lean forward from the hips.

You should feel this stretch through your lower back and buttock.

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



QUADRICEPS STRETCH

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

You can also try this stretch standing up (if that's easier for you!)

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other.

Keep your hips forward and your spine straight.

You should feel the stretch through the groin and front of the thigh (of the back leg).

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



PELVIC TILTS

Lie on your back with your knees bent. Arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

Lumbar Spinal Stenosis

Exercises



LOWER TRUNK ROTATIONS

Lying on your back with your knees bent, gently move your knees side-to-side.

Keep your pelvis against the floor/bed and your spine in a neutral position.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



ABDOMINAL BRACING

While lying on your back, tighten your stomach muscles as you draw your navel down towards the floor.

Push your fingers just inside your hip bones and feel for the activation. Remember: keep breathing, do not hold your breath!

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CURL UP

When you get comfortable with abdominal bracing, you can try this more advanced exercise.

Brace your abdominal muscles and keep your chin tucked in. While lying on your back with your arms out-stretched forward, partially curl up your trunk and lift your shoulder blades off the ground. Slowly return to lying down.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



CLAMSHELL

Lay on your side with your hips and knees bent to 90 degrees. Draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

You want to feel exertion in the back of the hip/buttock area.

Repeat 10 Times
Hold 2 Seconds
Complete 2 Sets
Perform 1 Time(s) a Day



Nottingham Family Wellness Centre

Lumbar Spinal Stenosis

SIDELYING HIP ABDUCTION

If the clamshell exercise is feeling easy, you can try this variation!



While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line or slightly behind your body.

The bottom leg can be bent to stabilize your body. You want to feel exertion in the back of the hip/buttock area.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

SIT TO STAND



Start by scooting close to the front of the chair. Place your feet shoulder width apart. Lean forward and place your hands on your thighs. Rise up to standing using your hands for support.

Sit back down using your hands for support on your thighs and then repeat.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

Sciatic Nerve Flossing



Sciatic Nerve Flossing

At the same time, straighten your knee, point your toes up, and move your head as if you were looking up. Return back to the starting position by bending your knee, point your toe down, and bring your head down towards your chest. It is important to not experience any symptoms as you perform this exercise.

It may feel like nothing, but DO NOT overdo this exercise!

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 1 Time(s) a Day

Nottingham Family Wellness Centre

Lumbar Spinal Stenosis

Relief Position



Seated Forward Flexion Stretch

Seated in a chair, widen your feet so that you can lean forward. Slowly lean forward by reaching your hands towards the floor and letting your lower back stretch.

Repeat 3 Times

Hold 1 Minute

Complete 1 Set

Perform 1 Time(s) a Day

You can use this position as a relief position as well. This opens up the joints and can help alleviate pain!