



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

WARNING

Cauda Equina Syndrome is a rare and very serious condition where the nerves at the very bottom of the spinal cord become compressed. If left untreated it can cause permanent damage.

This doesn't happen often in patients with low back pain (0.12%), however if you notice any of the following symptoms then you may be suffering from Cauda Equina Syndrome:

- Loss of feeling/ Pins and needles between your inner thighs or genitals
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

If you have any of the above symptoms you should attend the Accident and Emergency (A&E) department of your nearest hospital immediately to prevent any long term damage or disability.

The above information is available in multiple languages in the following link:

<http://www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina>

STRENGTHENING EXERCISES FOR LUMBAR STENOSIS

The aim of these exercises is to help you move normally and safely.

The video shows the whole movement so do not worry if you can not do it all.

How many times and how often?

- Complete 3 sets to muscle fatigue 2-3x a week with a rest day in between exercise days.
- Aim for muscle fatigue between 8-12 repetitions. (By the last 2-3 repetitions you should feel the muscle are tired)
- If the exercises are feeling easy after a week at this level, try a small increase in difficulty.
- You can do this by increasing the resistance (tension in band or weight used), depth of the movement, slowing down the return phase of the movement or adding a hold for a few seconds at the end of the movement.
- Monitor how you feel during and after exercising.
- Be guided by your pain.

Stop these exercises if you feel they are:

- Making your symptoms worse.
- Bringing on new pain.

How much pain is too much?

- Before exercising, rate your pain at that moment on a scale of 0–10, where 0 is no pain and 10 is the worst pain you can imagine.
- A maximum pain level of 4/10 while exercising is fine, as long as this eases within 45 minutes of the session and does not interfere with sleep or activities the next day.
- If your pain increases beyond this, simplify the exercise by reducing the range of movement or number of repetitions, or try an easier exercise

Chair Squat



©Physiotools

Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.

Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.

Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.



Forward Bend with Round Back

Stand tall and bend forward rounding your back.

Breathe smoothly and hold the position for a moment. Return to the starting position.

©Physiotoools



Hip Abduction with Exercise Band

Stand with an exercise band firmly attached around one ankle and secured to the other side. Take support if needed.

Keep your pelvis still and use your buttock muscles to lift one leg out to the side (away from the midline). Return to the starting position in a controlled manner.

©Physiotoools



Hip Abduction in Standing

Stand tall and take support if needed.

Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise.

©Physiotoools



Hip Extension in Standing

Stand tall holding onto a chair.

Squeeze your buttocks and bring one leg back, keeping your knee straight.

©Physiotoools



Hip Extension

Stand with a rubber exercise band around your ankle.

Pull the band by bringing your leg straight backwards.

©Physiotoools

Resisted Knee Extension in Sitting



©Physiotools

Sit up straight on a sturdy chair, so that your feet are supported on the floor. Exercise band is securely attached behind you, for example on the leg of the chair, and around the ankle of the leg you are training.

Straighten the knee against the resistance by sliding the foot forward on the floor. Let the foot rise off the floor and straighten your knee. In a controlled manner, return to the starting position.

Knee Extension in Sitting



©Physiotools

Sit up straight on a sturdy chair, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles. In a controlled manner, return to the starting position.

Shoulder Flexion with Weight Shift



©Physiotools

Stand with one leg forward with your weight on the rear leg. Hold an exercise band in one hand and wrapped around the other hand with your elbows bent.

Move your weight towards your front leg and at the same time bring your arms forwards and upwards while keeping the band tight. Keep your neck and shoulder relaxed. Bring the weight back to the rear leg and lower your arms to your side.

Arm Lift with Exercise Band



©Physiotools

Stand tall holding the ends of an exercise band with both hands. Stretch the band slightly while keeping your arms straight and near your side.

Lift your arms up while stretching the band. Bring your arms down in a controlled manner.



©Physiotools

Shoulder Scaption

Stand tall with arms by your sides, holding weights.

Lift your arms out in front of you, with thumbs pointing upwards. Lower your arms to the starting position in a controlled manner.

Note: Don't sway your back and try not to shrug your shoulders.

BALANCE EXERCISES FOR LUMBAR STENOSIS

The following exercises are to work on your balance.

Make sure you stand near something stable that you can use for balance as needed to ensure you are safe during the exercise.

Aim to hold these exercises for 30 seconds total.

If you can complete an exercise for 30 seconds consistently and tolerably, you may want to progress this exercise to something more challenging.



©Physiotools

Double-leg Support with Feet Together

Stand tall with your feet together, weight evenly spread on both feet. Arms are relaxed and by your sides.

Feel the weight on the heels and balls of your feet and keep your toes relaxed.



©Physiotools

Stand with feet together and one foot slightly forward.



©Physiotoools

Standing in Tandem

Stand tall and bring your feet in line, so that the heel of the front foot is touching the toes of the back foot. Weight is evenly balanced on both feet. Arms are relaxed and by your sides.

Feel the weight evenly on both feet and keep your toes relaxed. Maintain balance.



©Physiotoools

Walking.

Take small steps. The heel of the front foot should touch the toe of the back foot.

If this feels easy, try doing this backwards.

STRETCHING EXERCISES FOR LUMBAR STENOSIS

The following exercises are stretches aimed at maintaining your flexibility:

Hold at the point of mild tension for 20 seconds at a time. Repeat 2-3 times.



©ODL/PhysioTools Ltd

Stand up straight. Support yourself with the back of a chair.

Take one foot back, pressing the heel to the floor. Lean forward until you feel a stretch in the back leg near the back of the knee.

Repeat with the other leg.



Supine Passive Hip Flexion

Start by lying on your back with a rolled towel under your head.



Pull your knee to your chest helping with your hands. Push your other leg down towards the floor. Hold and relax.

©Physiotoools