

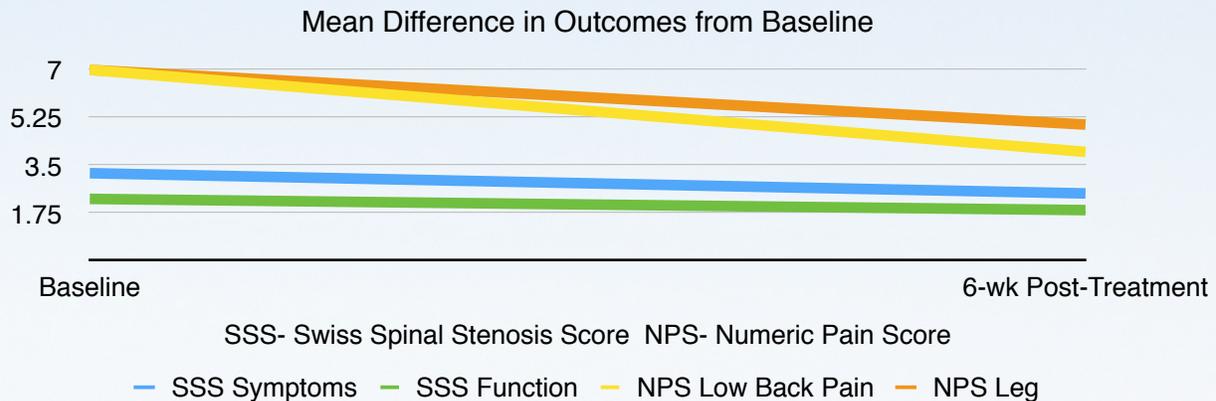


WHITE MOUNTAIN

Chiropractic & Rehabilitation

Clinical Outcomes for Neurogenic Claudication Using a Multimodal Program for Lumbar Spinal Stenosis: A Retrospective Study

Journal of Manipulative and Physiological Therapeutics. 2015 Jan 22. doi: 10.1016/j.jmpt.2014.12.006.



Effective conservative care of patients with neurogenic claudication is extremely important because of its close association with limited mobility, diminishing independence, and morbidity. Many patients with spinal stenosis experience significant symptomatology with imaging findings that may not support surgical intervention.

In this ACCRAC Award Winning Paper, researchers assessed the effectiveness of a 6 week “Boot Camp” program consisting of education, exercise, and manual therapy for patients with spinal stenosis. Manual therapy was defined as soft tissue work in combination with spinal manipulative therapy (low or high velocity). Their results indicated statistically and clinically significant improvement for patients at the conclusion of the program.

Our practice fully supports the use of a multimodal program for the conservative treatment of neurogenic claudication. Maintaining functional ability and independence through conservative care is a primary health goal of many individuals as they enter their later years.

“...degenerative lumbar spinal stenosis (DLSS), which refers to age-related degenerative narrowing of the spinal canals that often lead to compression and ischemia of the spinal nerves (neuroischemia). The clinical syndrome of DLSS is known as neurogenic claudication.”

“The mean age of the same was 70 years of age, 65% were female, and the mean duration of symptoms was 11 years for back pain and 8.6 years for leg symptoms.”

“All outcomes demonstrated both statistical and clinically important improvements at the completion of the program.”

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.