

Lumbar Spinal Stenosis

LUMBAR SPINE

Leg heaviness, pain or tingling with walking that eases when you sit or bend forward. Flexion-based exercise, cycling and interval walking improve walking distance — and match surgery for many at two years.

1



Knee to Chest

2 × 30 sec, both knees

- Hug both knees toward the chest.
- Relax the back into the floor.

2

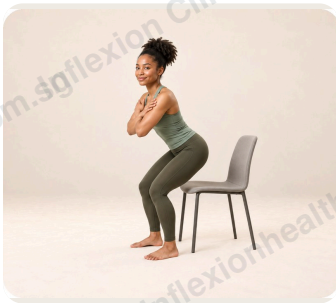


Seated Forward Bend

5 × 20 sec

- Sit and bend forward between the knees.
- Use this to relieve leg symptoms.

3



Sit-to-Stand

3 × 10

- Stand from a chair; lean forward to start.
- Leg strength protects walking ability.

4



Glute Bridge

3 × 10

- Lift hips without arching the back.
- Squeeze buttocks at the top.

5



Stationary Cycling

15–30 min

- A slightly bent-forward position is ideal.
- Better tolerated than walking.

6



Interval Walking

Short bouts; rest in flexion

- Walk, sit and bend forward, repeat.
- Gradually lengthen each bout.

HOW OFTEN

Once daily for 6 weeks, then maintain. Break walks into short bouts; lean on a trolley or rail as needed.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

New weakness, numbness in the saddle area, or bladder/bowel changes — go to A&E.