



***A Not-for-Profit Research &
Resource Centre***

Spinemobility's Boot Camp Program for Lumbar Spinal Stenosis

Full Day Workshop Syllabus

September 9th, 2023, University of Pittsburgh

8am 12 noon and 1 pm to 5 pm (8 hours CE credits)

Workshop Learning Objectives and Outcomes

A. Lecture Portion (2.5 Hours)

Understand the etiology, patho-anatomy, patho-physiology, prevalence and burden of disease in symptomatic LSS

Understand the key features of the history and physical examination for patients presenting with back/lower extremity symptoms impacting walking and standing ability

Know common differential diagnoses for neurogenic claudication due to lumbar spinal stenosis.

Know how to differentiate each of the diagnoses know red flags for potential serious disease among patients who present with back/lower extremity symptoms

Know the role of imaging for assessing patients with back/lower extremity symptoms impacting walking ability.

Know when to recommend a surgical consult/epidural injection

Know potential effective non-surgical treatments for neurogenic claudication

Understand the chronic disease model of care and management

Understand the role of patient self-management and self-monitoring

Learn how to monitor patient outcomes and instruct on patient self-management

Learn results from clinical trials on the Boot Camp Program for LSS

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

www.spinemobility.com info@spinemobility.com

B. Demonstration/Hands-On Portion (2.5 Hours)

(a) Learn to perform all the specific manual therapy techniques

Understand the rationale and learn to perform all the manual techniques in the boot camp program

b) Learn to perform all the specific patient exercises (2.5 hours)

- Understand the rationale and learn to perform all patient exercises in the boot camp program

c) Learn how to implement the boot camp program in your clinic (0.5 hours)

- Understand the rationale for the Boot Camp Program and its underlying principles
- Learn how to integrate and implement program in your clinic

Summary

The Boot camp program is an evidence-based multi-modal approach suited for practitioners who use manual therapy. The approach is focused on improving functional status especially walking ability. The program is directed to the multi-faceted aspects of DLSS that includes physical impairments (patho-anatomy, spinal stiffness, lower extremity weakness and overall deconditioning), pathophysiology (neuro-ischemia) and psychosocial aspects (poor expectations and depression).

This workshop will provide step-by-step training on how to perform all necessary patient exercises, manual therapy techniques and how to provide patients with self-management strategies. At the end of the workshop the learner will be able to implement the Boot Camp Program in their clinic.

Instructor

Dr. Carlo Ammendolia is the Director of the Spine Clinic and the Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis and Autoimmune Diseases at Mount Sinai Hospital. He received his MSc degree in Clinical Epidemiology and Health Care Research and his PhD in Clinical

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

www.spinemobility.com info@spinemobility.com



***A Not-for-Profit Research &
Resource Centre***

Evaluative Sciences from the University of Toronto. Dr. Ammendolia is an Assistant Professor in the Institute of Health Policy, Management and Evaluation, the Department of Surgery and the Institute of Medical Sciences at the University of Toronto.

In 2012 and 2017, Dr. Ammendolia was recipient of the Professorship in Spine Award from the Department of Surgery in the Faculty of Medicine. In 2015, he was awarded the Chiropractor of the Year Award from the Ontario Chiropractic Association and in 2016 the Researcher of the Year Award from the Canadian Chiropractic Association. Dr. Ammendolia has been in clinical practice for over 40 years and now combines clinical practice, research and teaching in the areas of non-operative treatment of mechanical, degenerative and inflammatory spinal disorders. Dr. Ammendolia has been designated as a world expert in spinal stenosis by Expertscape- based on his number of publications in this area in the past 10 years. He is the founder of spinemobility, a not-for-profit Research and Resource Centre aimed at developing and testing programs for spinal and other musculoskeletal conditions. Dr. Ammendolia developed the Boot Camp Programs for lumbar spinal stenosis, persistent low back pain, persistent neck pain, ankylosing spondylitis, sciatica, persistent shoulder pain, knee and hip OA and fibromyalgia. He conducts workshops worldwide on his boot camp programs.

621-95 Prince Arthur Ave., Toronto, Ontario, Canada , M5R 3P6

www.spinemobility.com info@spinemobility.com