

# **Treat Your Own Spinal Stenosis By Jim Johnson**

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Spinal stenosis is a term used to describe a narrowing of the spinal canal that . non surgical treatment based on some of your own personal characteristics.

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## **Spinal stenosis - physio works**

The most common stenosis regions of your spine are your lumbar Managing your pain is usually the main reason that you seek treatment for stenosis. back rehabilitation to help you achieve your own functional goals.

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I am not saying that all spinal stenosis patients get better over time and that it goes away. Obviously there are some people with spinal stenosis that need

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## **Exercises for spinal stenosis | swimming, walking, stretches**

However, as counterintuitive or impossible as it sounds, exercise, stretching, and movement can help relieve your spinal stenosis pain.

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Treat Your Own Spinal Stenosis is a book that shows you simple exercises that can help you get rid of back and leg pain especially those

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changes cause narrowing of the lumbar spinal ca- Spinal stenosis does not necessarily cause symp- toms. bination of medications as part of your treatment.

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which exercises do you recommend for spinal stenosis and sciatica? me showing you how to do this on my iPhone app The Back App, using your own hands.

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Treat Your Own Spinal Stenosis will answer these kinds of questions and more. It will teach you what spinal stenosis is and how it got there. Then, you will learn

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Spinal stenosis may be treated by medications, braces, or surgery. Your doctor may also recommend that you limit your activity and exercise.

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