



List of Illustrations and Diagrams

For the Audiobook: Rehab Your Own Spinal Stenosis

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Table of Contents

Figure 1	Swiss Cheese	Page 3
Figure 2	The Human Spine	3
Figure 3	The Lumbar Spine.....	4
Figure 4	Donut Hole Spinal Canal.....	4
Figure 5	A Spine-ish Stack of Donuts.....	5
Figure 6	Donut Holes That Look Like... ..	5
Figure 7	Nerve Holes in Your Spine	6
Figure 8	A Collapsed Vertebra.....	6
Figure 9	Spur Poking into the Foramina (Nerve Opening)	7
Figure 10	Spondylolisthesis.....	7
Figure 11	Disc Flattening.....	8
Figure 12	Disc Bulge	8
Figure 13	Positioning for Comfort 1	9
Figure 14	Positioning for Comfort 2	9
Figure 15	Two Nerves Walk into a Bar... ..	10
Figure 16	This image doesn't exist (audiobooks are so much fun)	
Figure 17	Lumbar Corset.....	10
Figure 18	Picking Up a Pen, Feet Shoulder Width Apart	11
Figure 19	Feet Wider than Shoulder Width (More Balanced!)	11
Figure 20	Doing Dishes, Feet Shoulder Width Apart.....	12
Figure 21	Feet Wider than Shoulder Width (Much Better!)	12
Figure 22	Twisting, Feet Shoulder Width or Narrower	13
Figure 23	Feet Wider than Shoulder Width with Weight Shift (Super Good!).....	13
Figure 24	Golfer's Tee Trick.....	14
Figure 25	Golfer's Tee Trick Practical Use	14
Figure 26	Reaching Across a Counter.....	15
Figure 27	Getting Out of Bed	15
Figure 28	Strategic vs. Non-Strategic Exercise	16
Figure 29	Pedaler – “The Squeaky Wheel Gets the Grease”	16
Figure 30	Nu-Step – “Try me. I’m fun!”	17
Figure 31	Exercise Bike – “I’m the closest thing to walking you can still call walking!”	17

Figure 32	Recumbent Bike – “I’m designed for comfort!”	18
Figure 33	Rowing Machine – “Row, row, row thyself.”	18
Figure 34	Front Wheel Walker – “I’m stable.”	19
Figure 35	Four Wheel Walker – “I’ll give you more freedom!”	19
Figure 36	Treadmill – “I’m sporty!”	20
Figure 37	Trekking Poles – “I look cool.”	20
Figure 38	Tracking Walkable Time and Distance (sample chart)	21
Figure 39	Single Knee to Chest (30 seconds each leg x 2)	22
Figure 40	Double Knee to Chest (30 seconds x 2)	22
Figure 41	Pressure Off Knees Option	22
Figure 42	Diagonal Knee to Chest (30 seconds each leg x 2)	23
Figure 43	Diagonal Knee to Chest (another view)	23
Figure 44	Hamstring Stretch (30 seconds each leg x 2)	24
Figure 45	Prone Knee Bend (2 seconds on each leg x 10)	24
Figure 46	Prone Knee Bend – don’t let spine arch	24
Figure 47	Ab Set (5-second holds. 5-second relax. Goal: 20 reps)	25
Figure 48	Ab Set with Resist to Knee (3 Second Holds. Goal: 20 reps)	25
Figure 49	Ab Set with Resist to Knee (easier technique for just starting out)	26
Figure 50	Seated Knee Lifts on Ball (Goal: 20 reps)	26
Figure 51	Beginning Lat Pull with Ab Set (Goal: 3 sets of 20)	27
Figure 52	Intermediate Lat Pull with Ab Set (Increased Vigor, Arc Distance, and Speed)	27
Figure 53	Advanced Lat Pull with Ab Set (standing)(Goal: 3 sets of 20)	28
Figure 54	Resisted Trunk Rotation (Goal: 3 sets of 10)	29
Figure 55	Resisted Trunk Rotation (Increased Vigor) (Goal: 3 sets of 10)	30
Figure 56	Resisted Trunk Rotation (shoulders flexed 100 degrees) (Goal: 3 sets of 5)	31
Figure 57	Using a Towel Roll to Loosen the Upper Back #1 (Goal: 10 minutes)	32
Figure 58	Using a Towel Roll to Loosen the Upper Back #2	33
Figure 59	Towel Roll Exercise to Loosen the Upper Back #3	34

Figure 1 Swiss Cheese

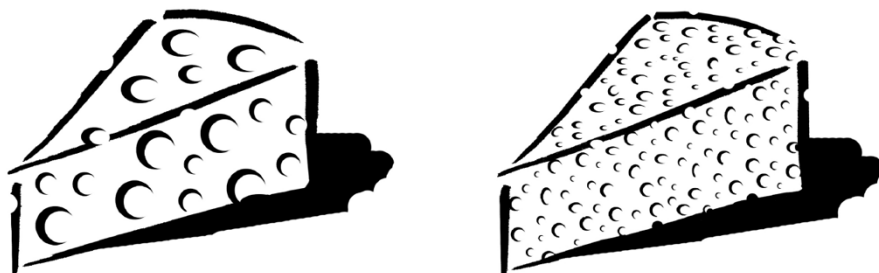


Figure 2 The Human Spine

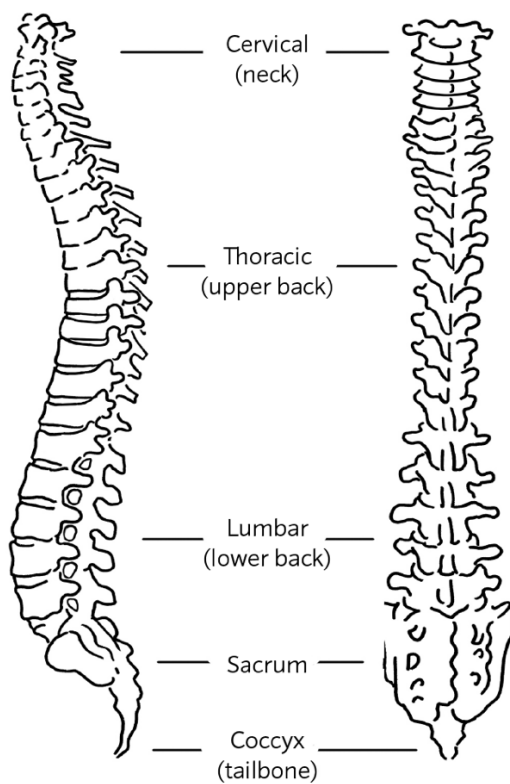


Figure 3 The Lumbar Spine

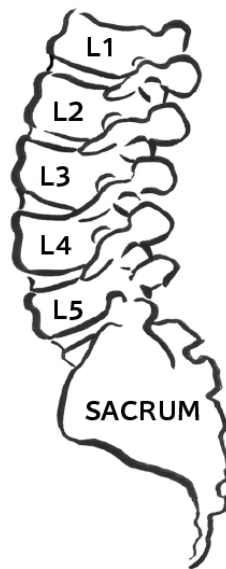


Figure 4 The Spinal Canal Looks a Lot Like the Hole in a Donut

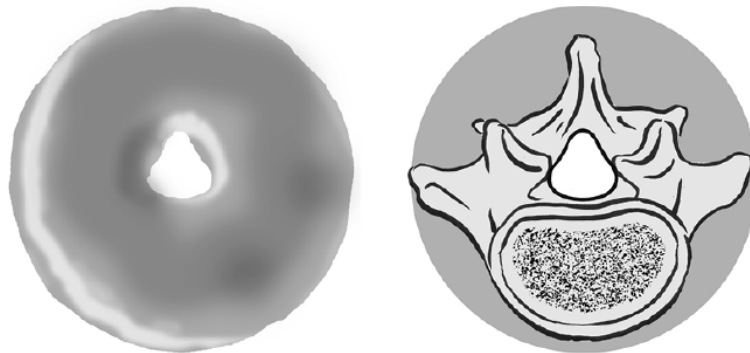


Figure 5 A Spine-ish Stack of Donuts

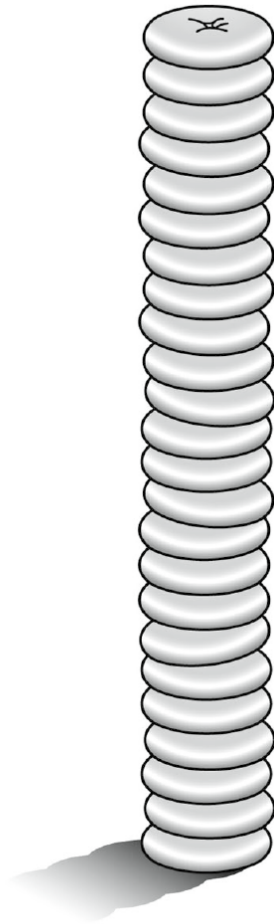


Figure 6 Donut Holes That Look Like...

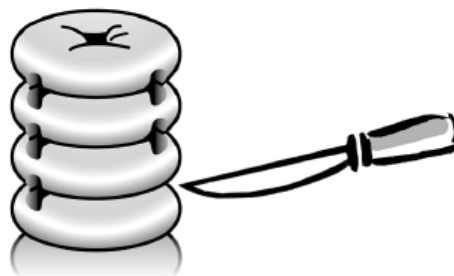


Figure 7 ...Nerve Holes in Your Spine

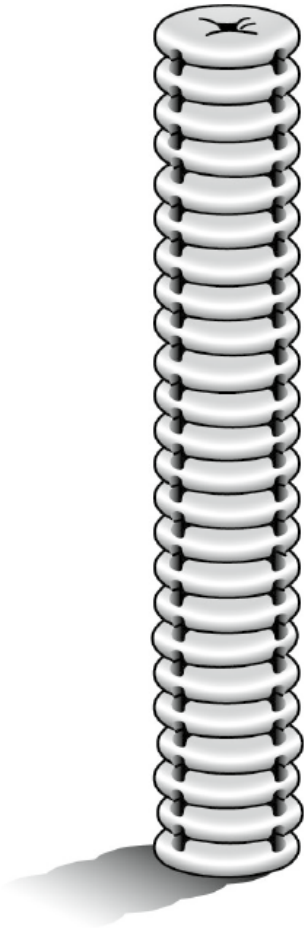


Figure 8 A Collapsed Vertebra

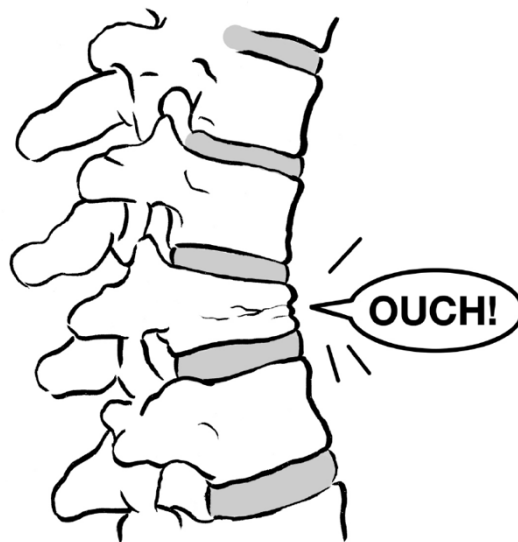


Figure 9 Spur Poking into the Foramina (Nerve Opening)

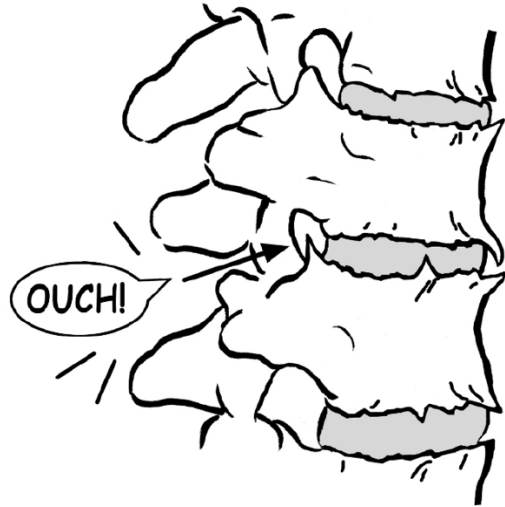


Figure 10 Spondylolisthesis



Figure 11 Disc Flattening

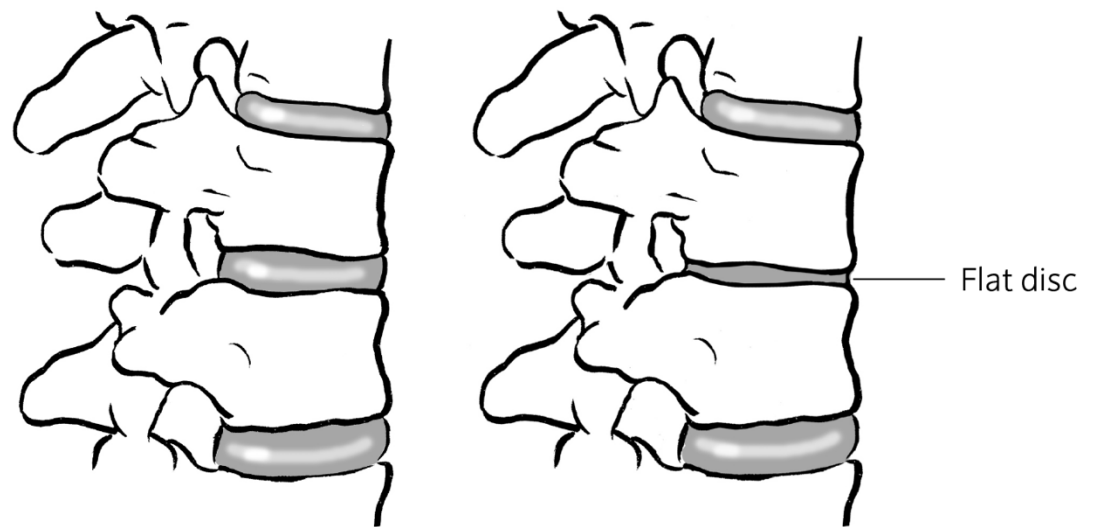


Figure 12 Disc Bulge

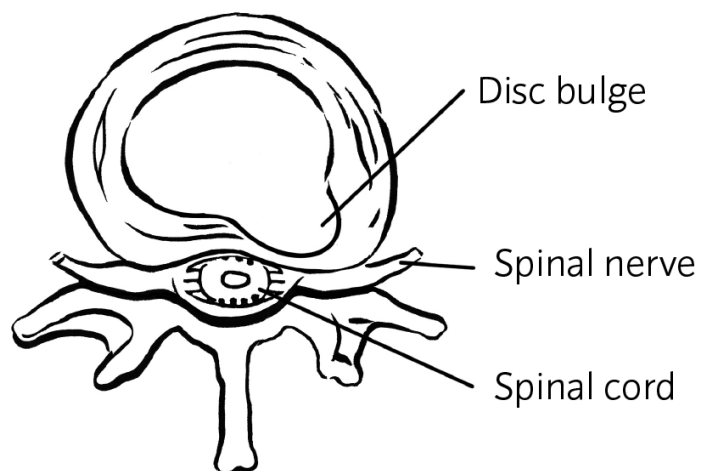


Figure 13 Positioning for Comfort 1



Figure 14 Positioning for Comfort 2

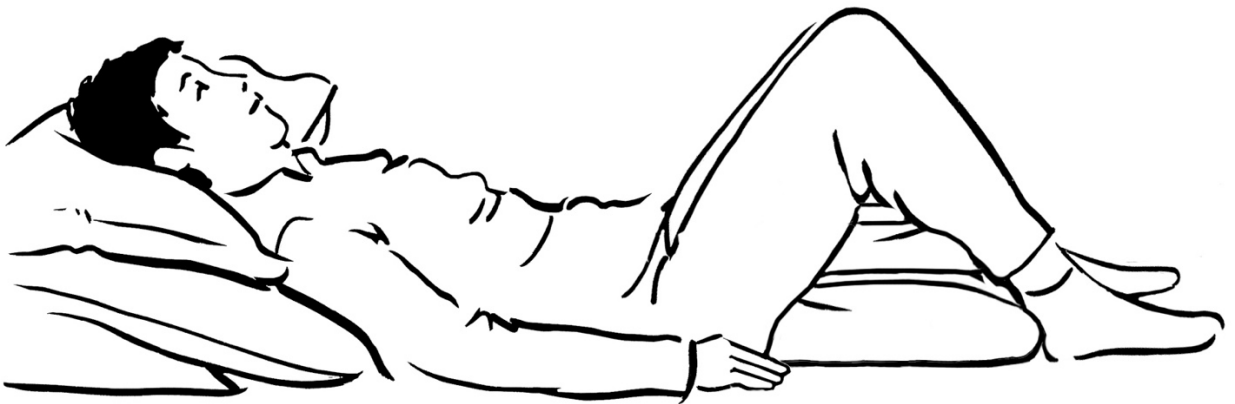


Figure 15 Two Nerves Walk into a Bar...

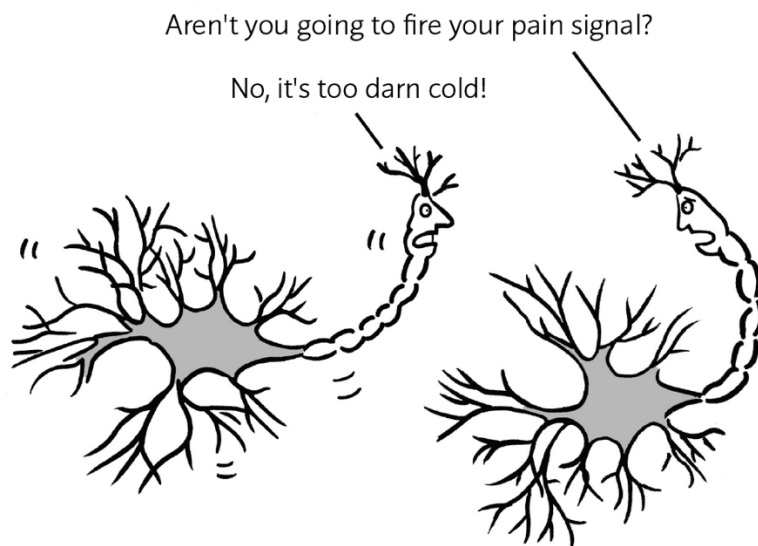


Figure 17 Lumbar Corset

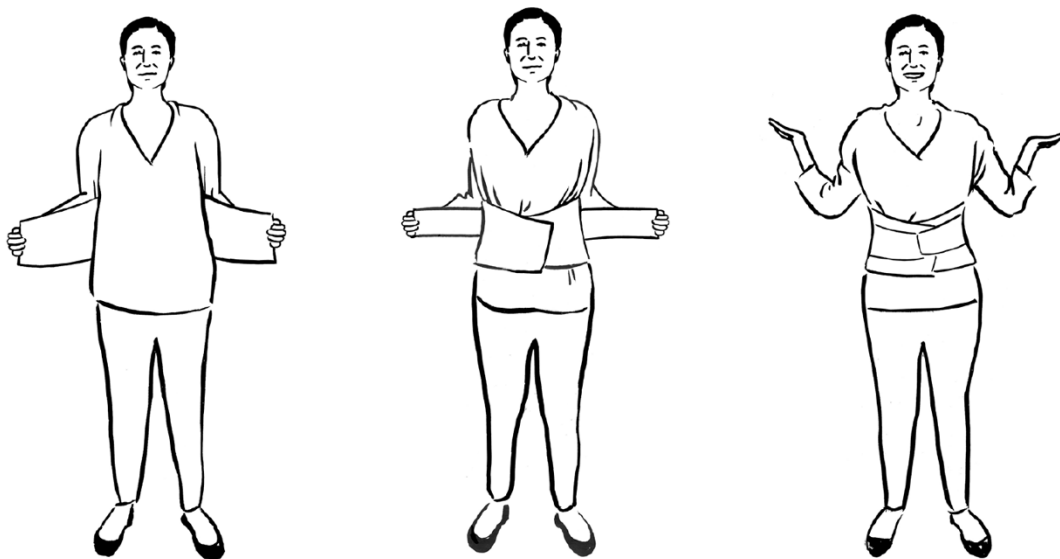


Figure 18 Picking Up a Pen, Feet Shoulder Width Apart



Figure 19 Feet Wider than Shoulder Width (More Balanced!)

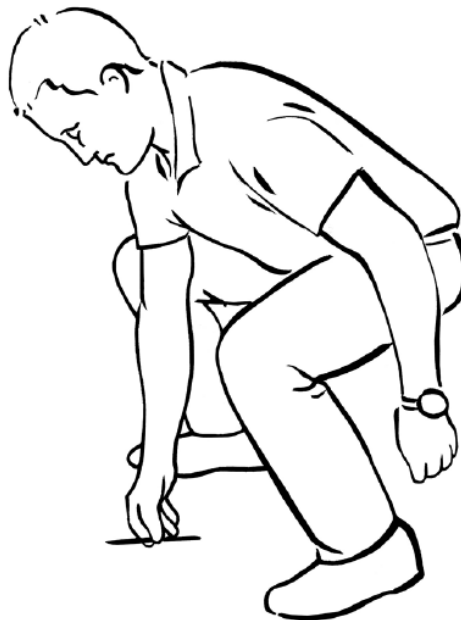


Figure 20 Doing Dishes, Feet Shoulder Width Apart



Figure 21 Feet Wider than Shoulder Width (Much Better!)



Figure 22 Twisting, Feet Shoulder Width or Narrower



Figure 23 Feet Wider than Shoulder Width with Weight Shift (Super Good!)



Figure 24 Golfer's Tee Trick

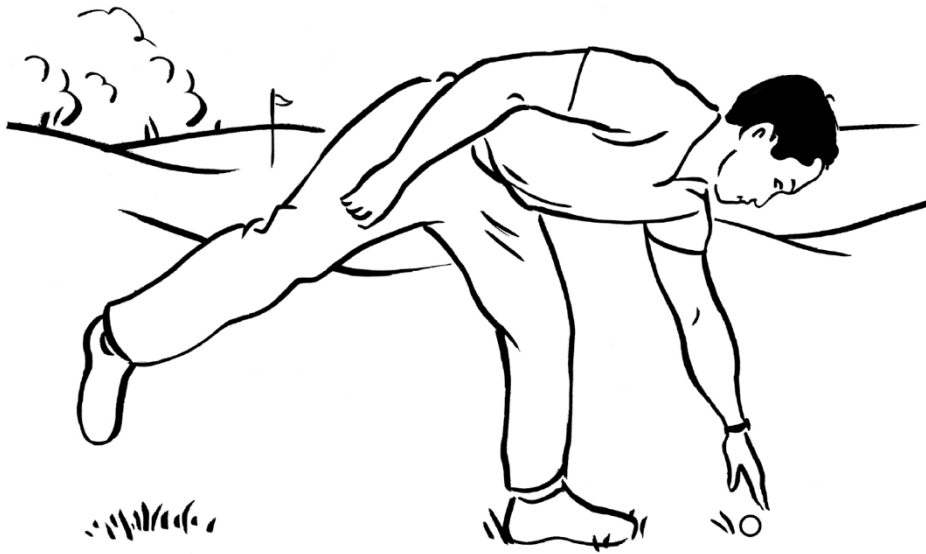


Figure 25 Golfer's Tee Trick Practical Use

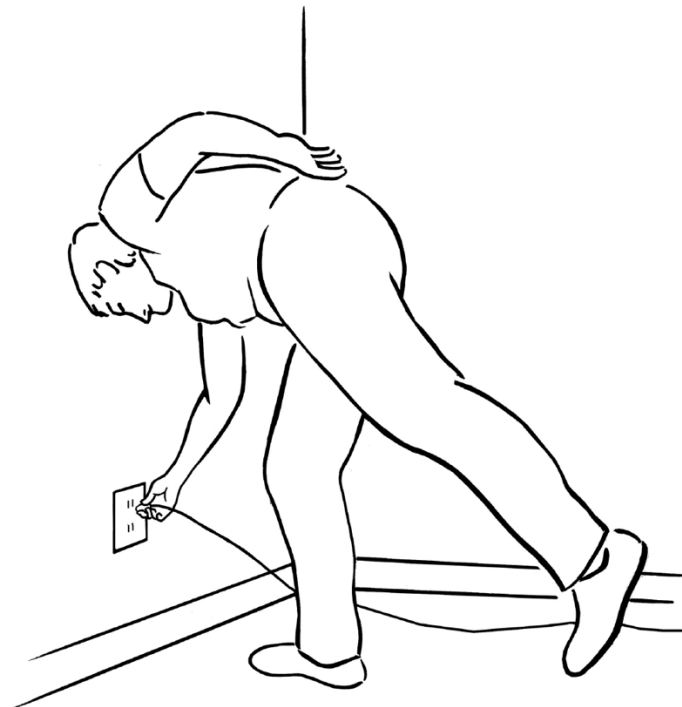


Figure 26 Reaching Across a Counter



Meh.



Super Good!

Figure 27 Getting Out of Bed

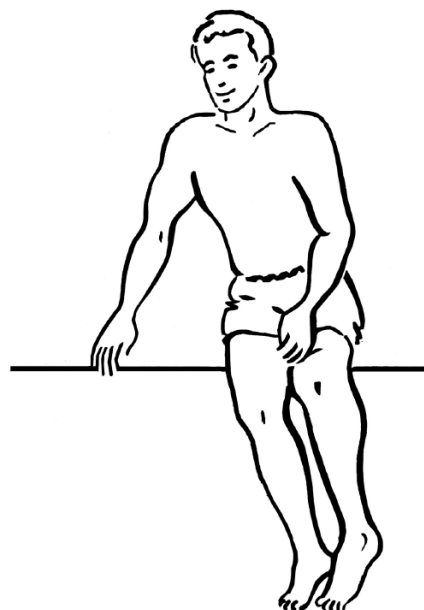
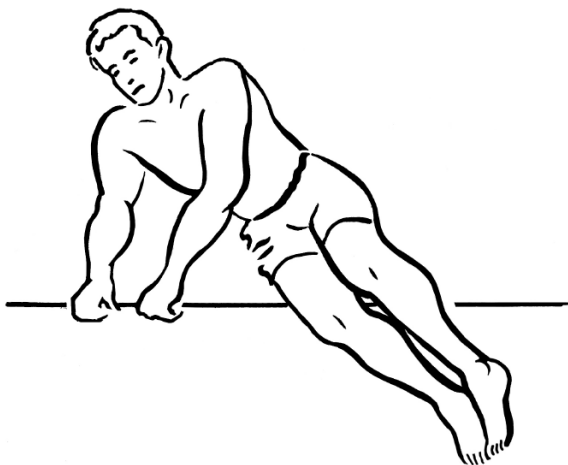


Figure 28 Strategic vs. Non-Strategic Exercise

STRATEGIC	NON-STRATEGIC
Based on realistic self-assessment	Based on unrealistic self-assessment
Purposeful	Random, impulsive
Gradual progression	Overly ambitious
Safe	Dangerous
Informed	Uninformed
Feels good, rewarding	Punishing or “no pain, no gain” attitude
Multifaceted	Tries one thing, then quits
Patient and OPTIMISTIC	Easily discouraged and PESSIMISTIC

Figure 29 Pedaler – “The Squeaky Wheel Gets the Grease”

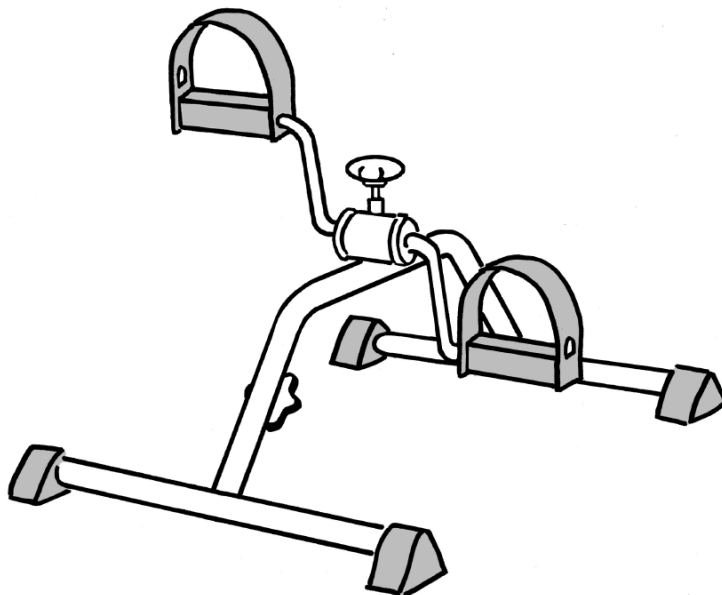


Figure 30 Nu-Step – *“Try me. I’m fun!”*

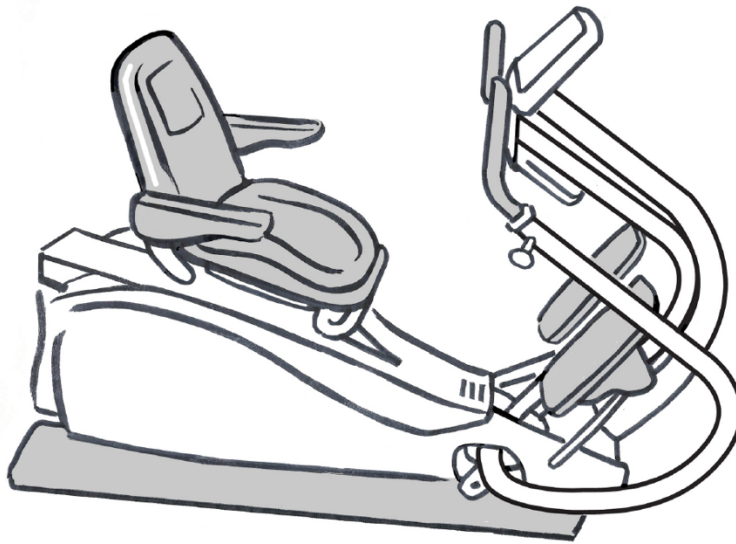


Figure 31 Exercise Bike – *“I’m the closest thing to walking that can still be called walking!”*

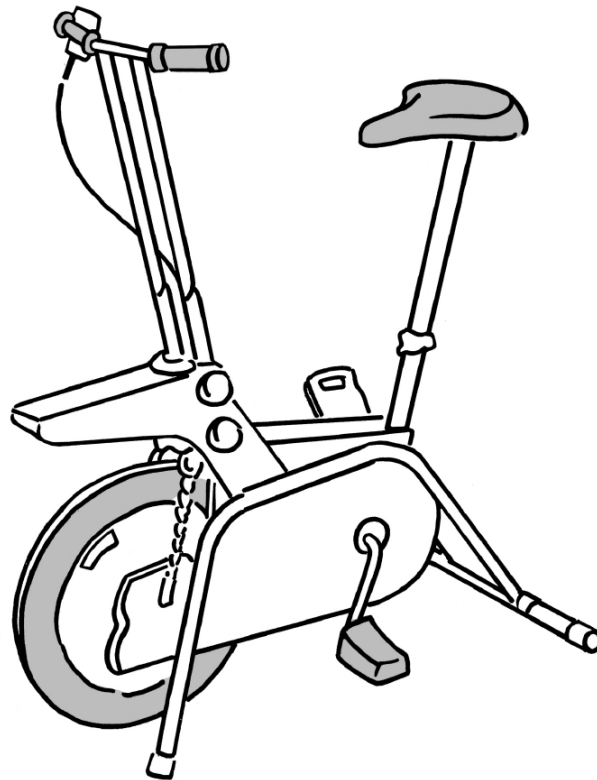


Figure 32 Recumbent Bike – *“I’m designed for comfort!”*

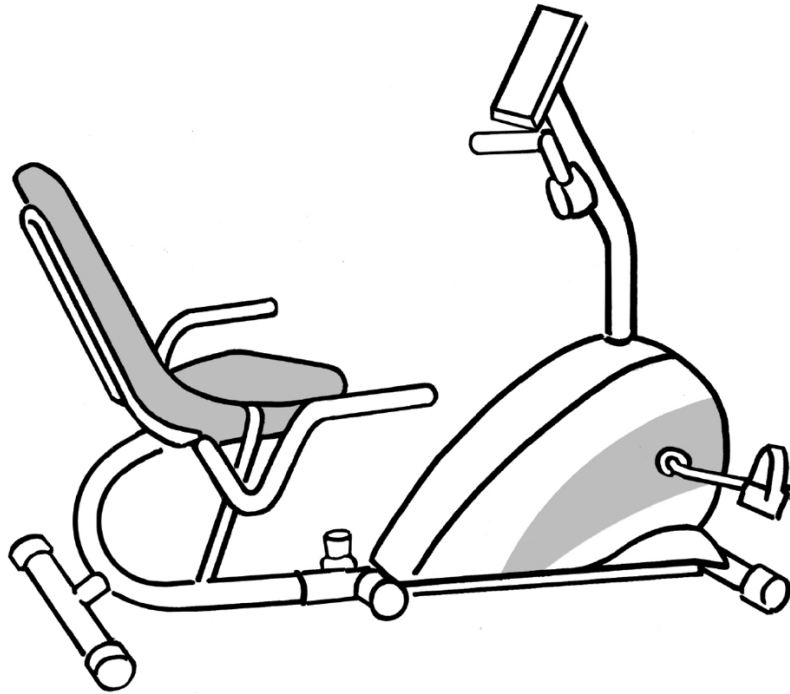


Figure 33 Rowing Machine – *“Row, row, row thyself.”*

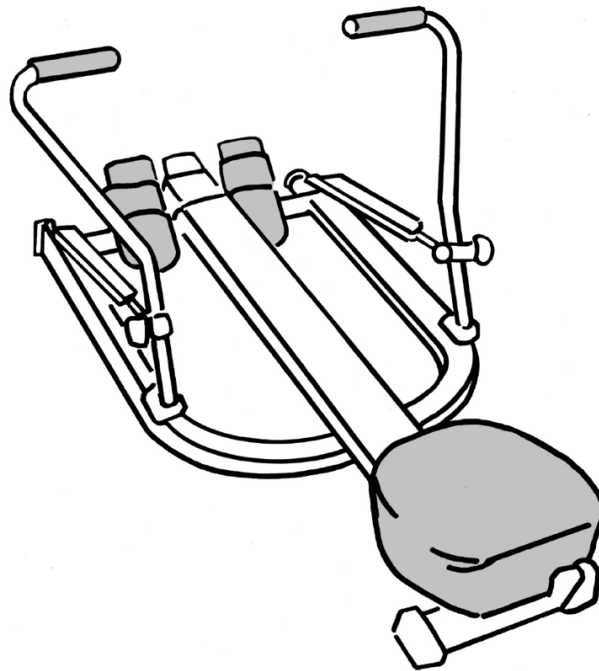


Figure 34 Front Wheel Walker – “I’m stable.”

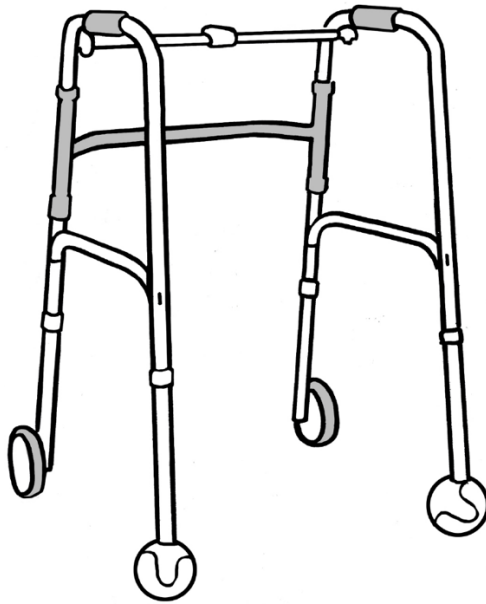


Figure 35 Four Wheel Walker – “I’ll give you more freedom!”



Figure 36 Treadmill – “I’m sporty!”

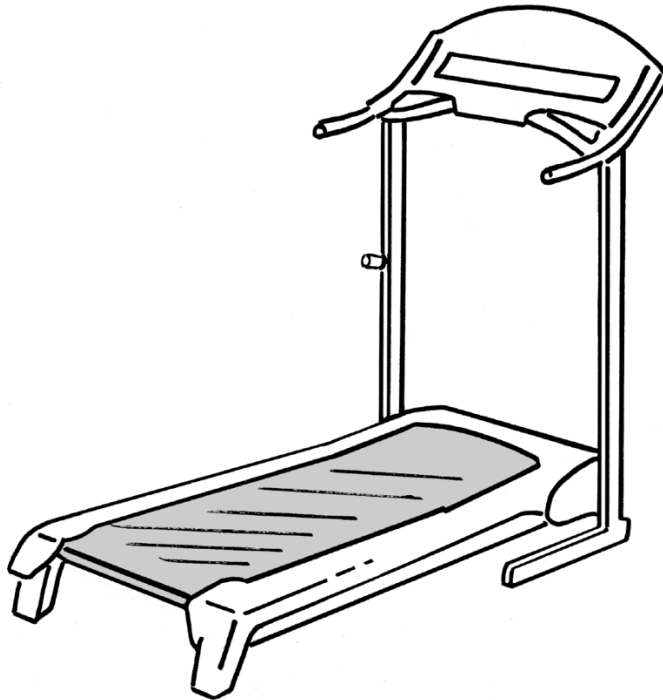


Figure 37 Trekking Poles – “I look cool.”

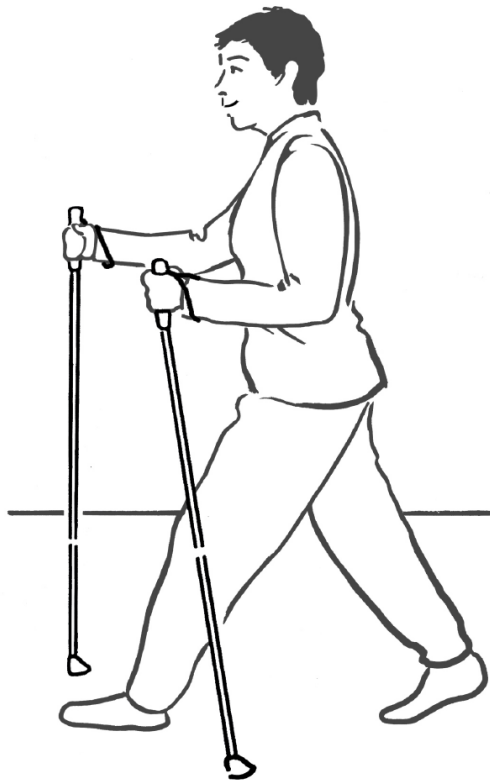


Figure 38 Tracking Walkable Time and Distance (sample chart)

Date:	nothing	cane	poles	walker	treadmill	corset
PSWT Pre-Symptomatic Walking Time (seconds or minutes)						
PSWD Pre-Symptomatic Walking Distance (steps, feet, or destination)						

Date:	nothing	cane	poles	walker	treadmill	corset
PSWT Pre-Symptomatic Walking Time (seconds or minutes)						
PSWD Pre-Symptomatic Walking Distance (steps, feet, or destination)						

Figure 39 Single Knee to Chest (30 seconds each leg x 2)

<https://www.youtube.com/watch?v=0GofwDMd2Cs&list=PLN30MIh63YiAD8ogPSVr50Jz2oqrjsZZO&index=3>

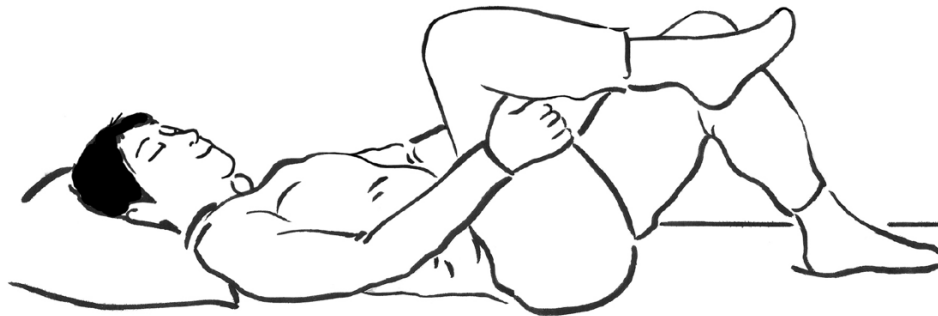


Figure 40 Double Knee to Chest (30 seconds x 2)

<https://www.youtube.com/watch?v=fT8n5fN1oY8&list=PLN30MIh63YiAD8ogPSVr50Jz2oqrjsZZO&index=3>



Figure 41 Pressure Off Knees Option

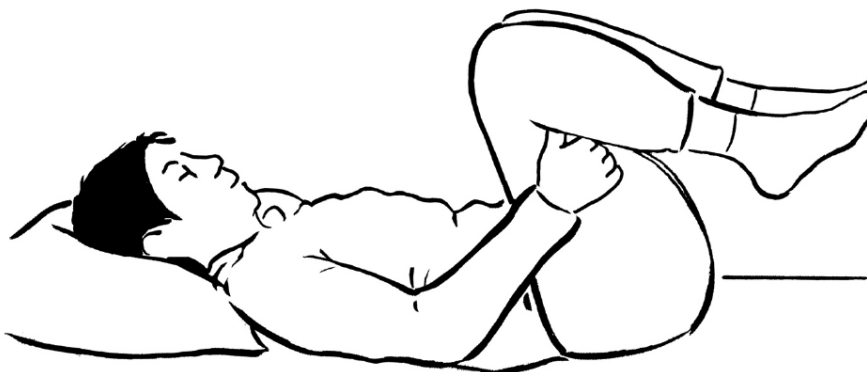


Figure 42 Diagonal Knee to Chest (30 seconds each leg x 2)

https://www.youtube.com/watch?v=GPDwxp2ZZ_o&list=PLN30Mlh63YiAD8ogPSVr50Jz2oqrjsZZO&index=4



Figure 43 Diagonal Knee to Chest (another view)



Figure 44 Hamstring Stretch (30 seconds each leg x 2) https://www.youtube.com/watch?v=-eWRfv4_IR4&list=PLN30Mlh63YiAD8ogPSVr50Jz2oqrjsZZO&index=5

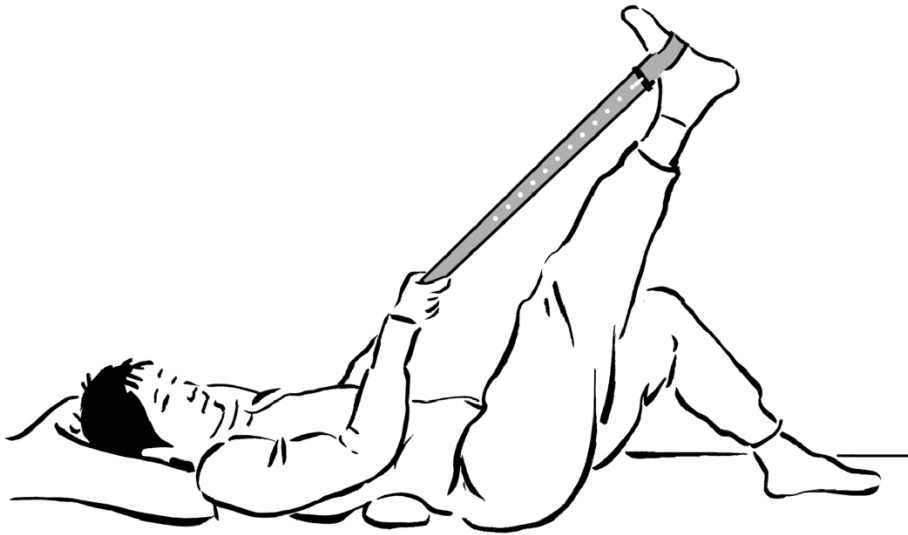


Figure 45 Prone Knee Bend (2 seconds on each leg x 10) https://www.youtube.com/watch?v=_e4lwADPTsA&list=PLN30Mlh63YiAD8ogPSVr50Jz2oqrjsZZO&index=6

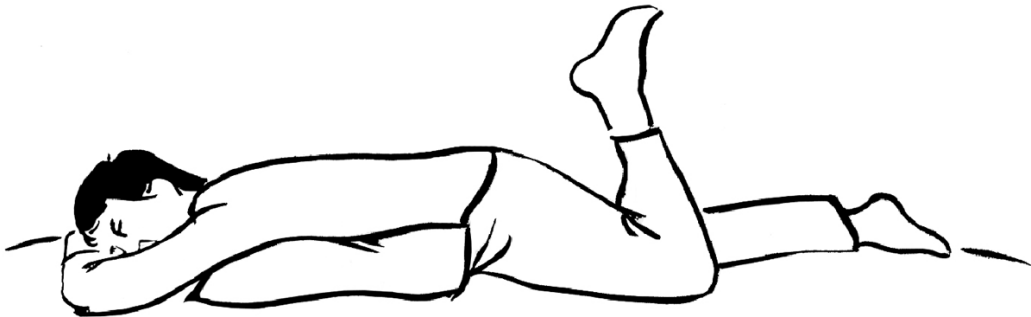


Figure 46 Prone Knee Bend – don't let spine arch



Figure 47 Ab Set (5-second holds. 5-second relax. Goal: 20 reps)

<https://www.youtube.com/watch?v=dq9ERw5uTdo&list=PLN30MIh63YiCRXMdc5xdaKnvSugZMfwqu&index=2>

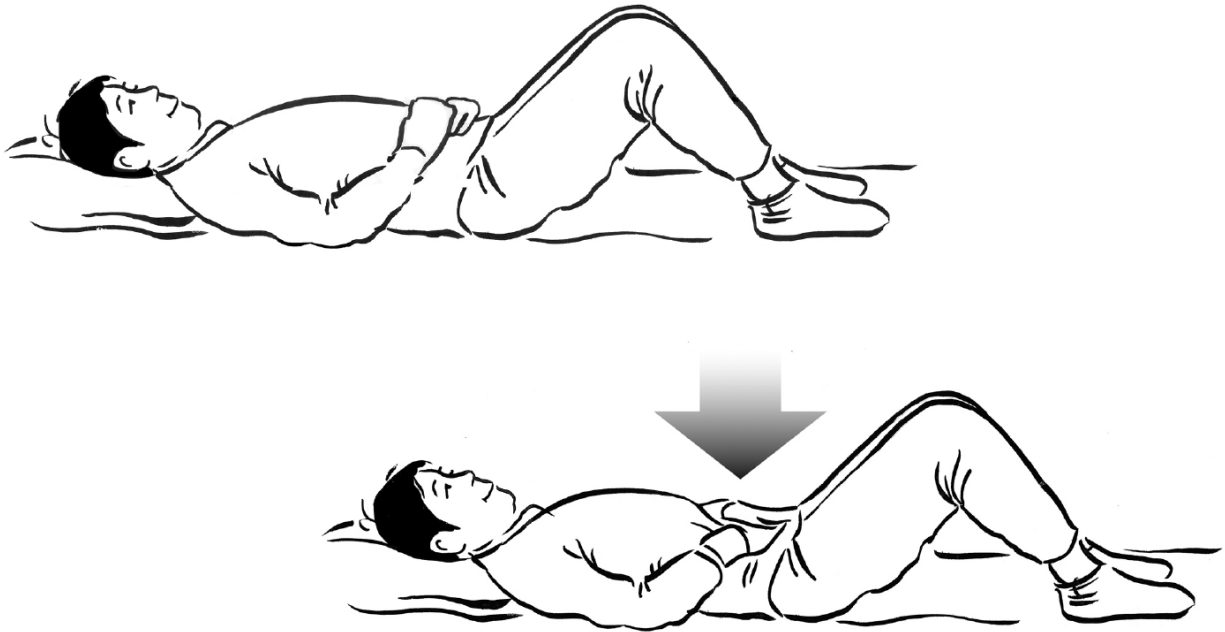


Figure 48 Ab Set with Resist to Knee (3 Second Holds. Goal: 20 reps)

<https://www.youtube.com/watch?v=Zs01Y8XDXpE&list=PLN30MIh63YiCRXMdc5xdaKnvSugZMfwqu&index=3>

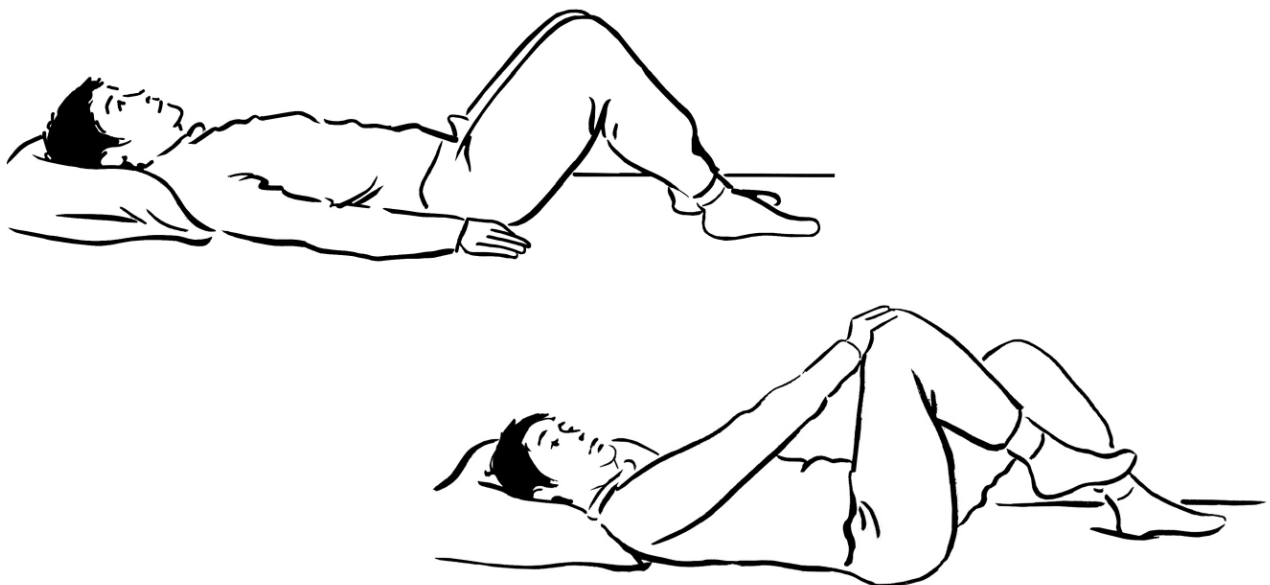


Figure 49 Ab Set with Resist to Knee (easier technique for just starting out)

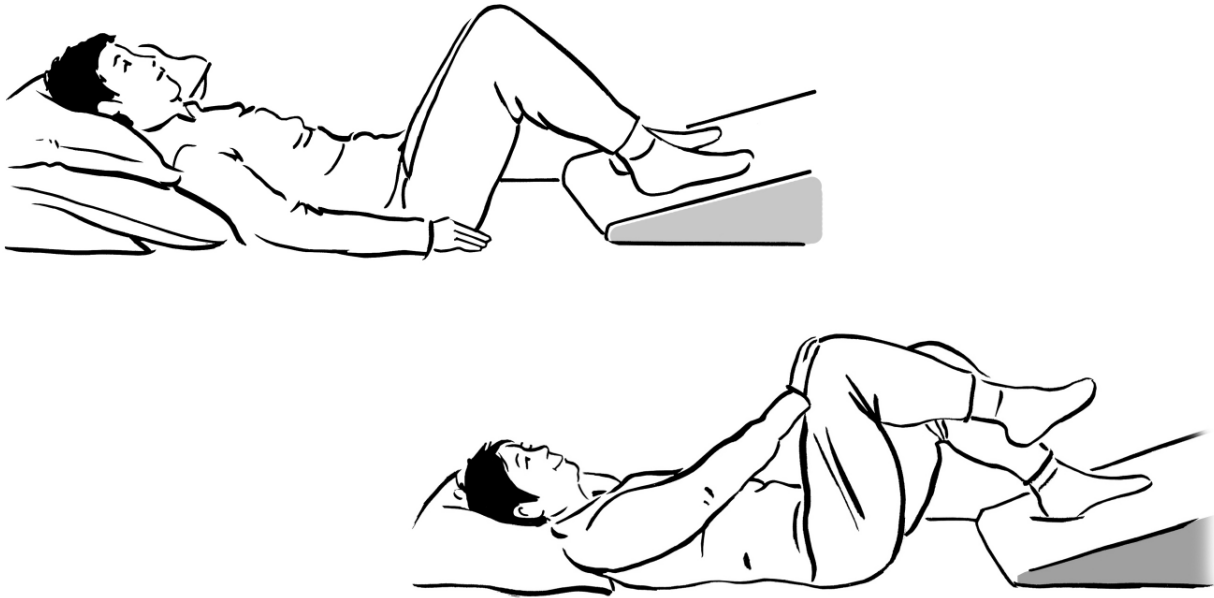


Figure 50 Seated Knee Lifts on Ball (Goal: 20 reps) <https://www.youtube.com/watch?v=4s9-OcTMR-4&list=PLN30MIh63YiCRXMdc5xdaKnvSuqZMfwqu&index=4>

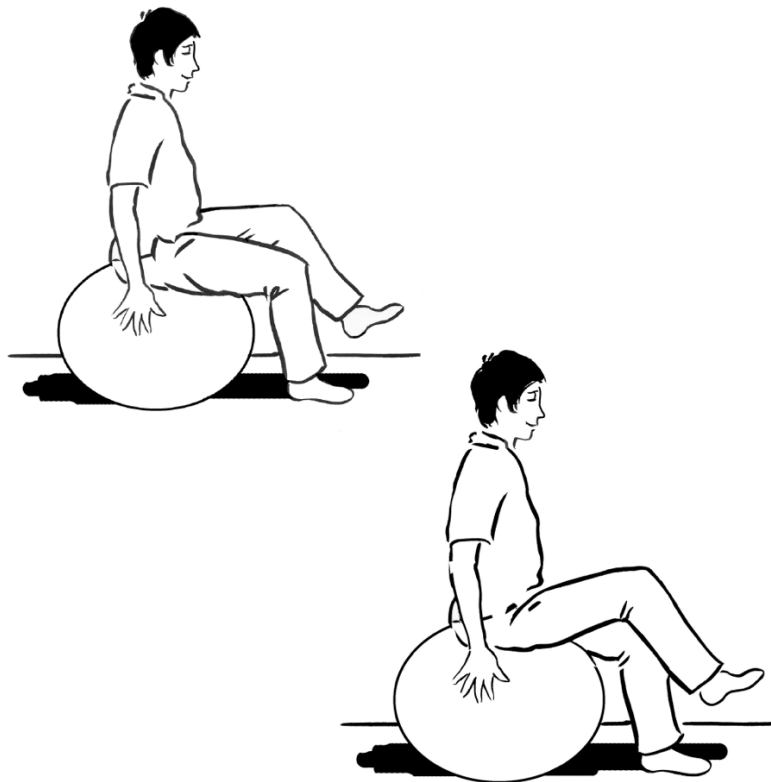


Figure 51 Beginning Lat Pull with Ab Set (Goal: 3 sets of 20)
<https://www.youtube.com/watch?v=Up5DdjRhD84&list=PLN30MIh63YiBs0f-NJ75h5P2mYE6t1Wh3&index=3>

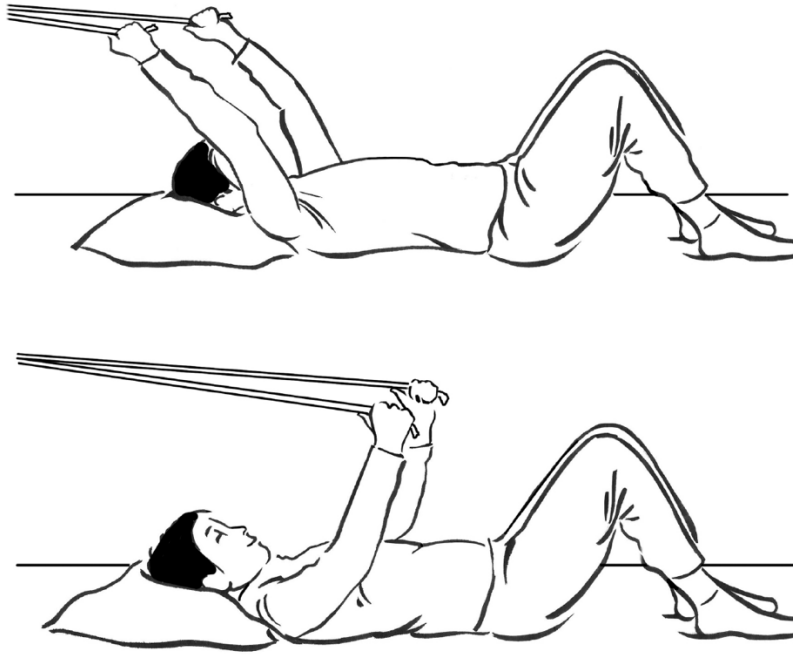


Figure 52 Intermediate Lat Pull with Ab Set (Increased Vigor, Arc Distance, and Speed)

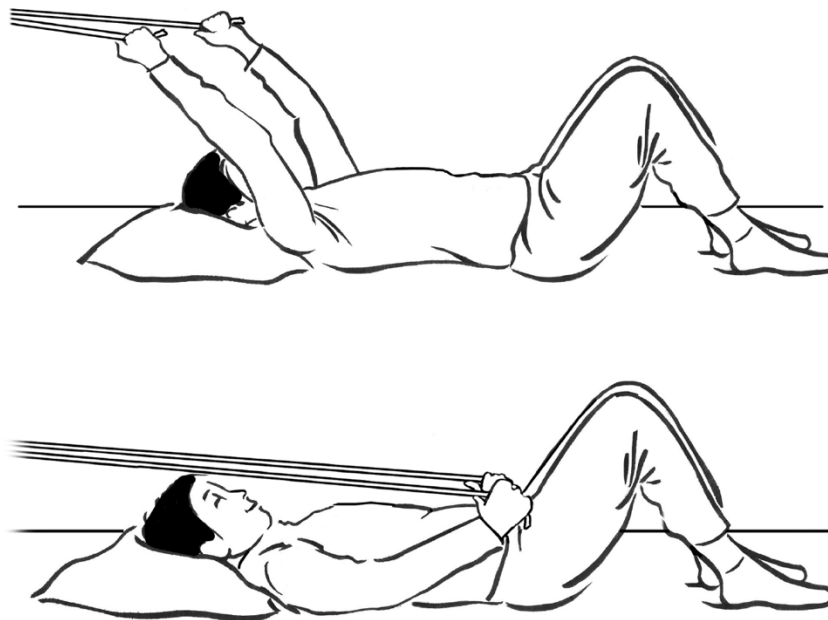


Figure 53 Advanced Lat Pull with Ab Set (standing)(Goal: 3 sets of 20)

<https://www.youtube.com/watch?v=OiOKNAF8vHk&list=PLN30Mlh63YiBs0f-NJ75h5P2mYE6t1Wh3&index=3>

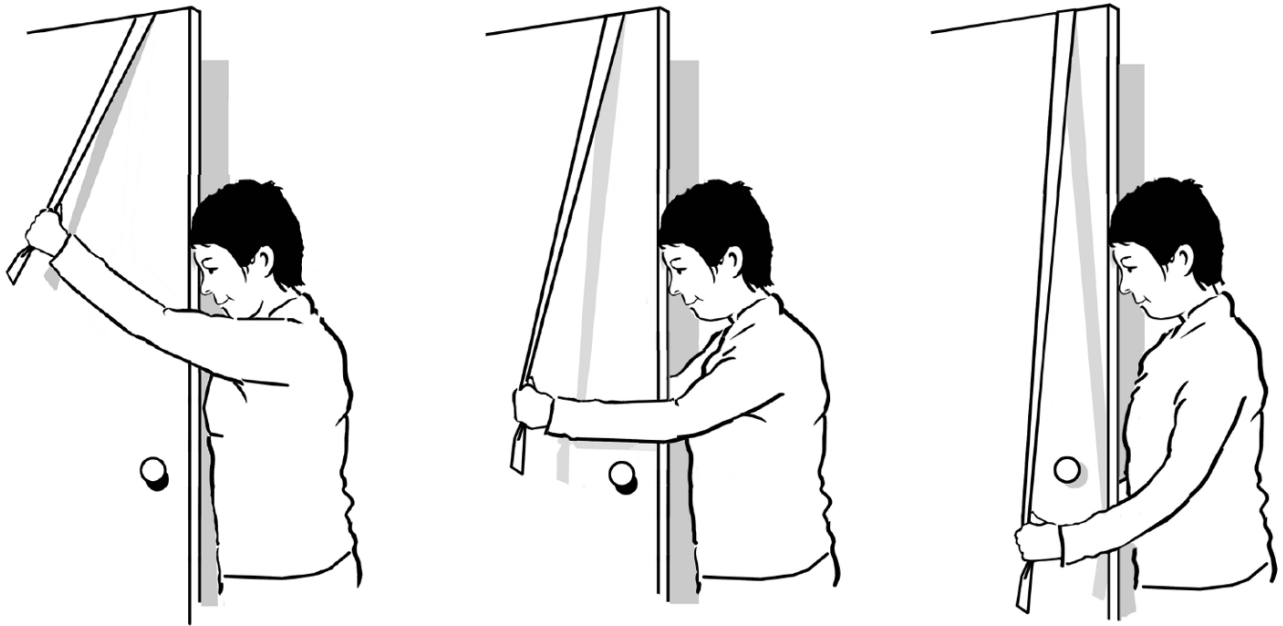


Figure 54 Resisted Trunk Rotation (Goal: 3 sets of 10)

<https://www.youtube.com/watch?v=papfP5CHJYU&list=PLN30Mlh63YiCoxFFmeDb79tu3-Y2WjkJl>



Figure 55 Resisted Trunk Rotation (Increased Vigor) (Goal: 3 sets of 10)

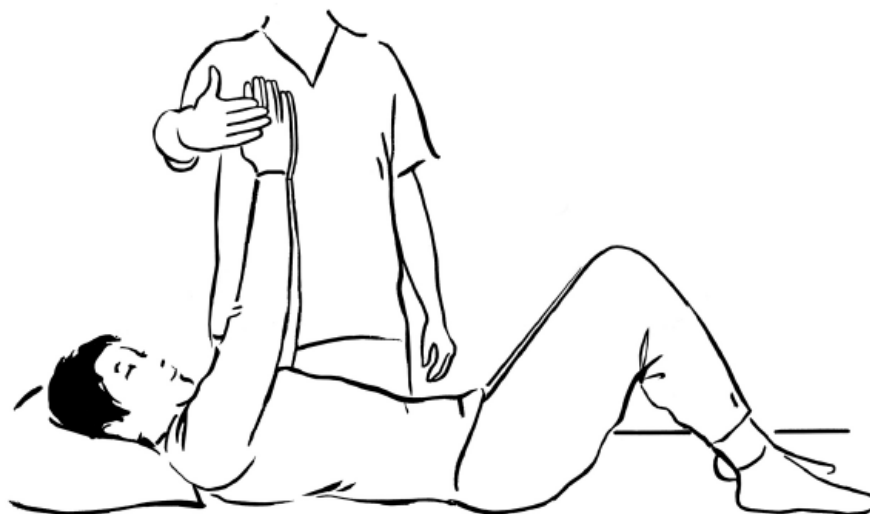
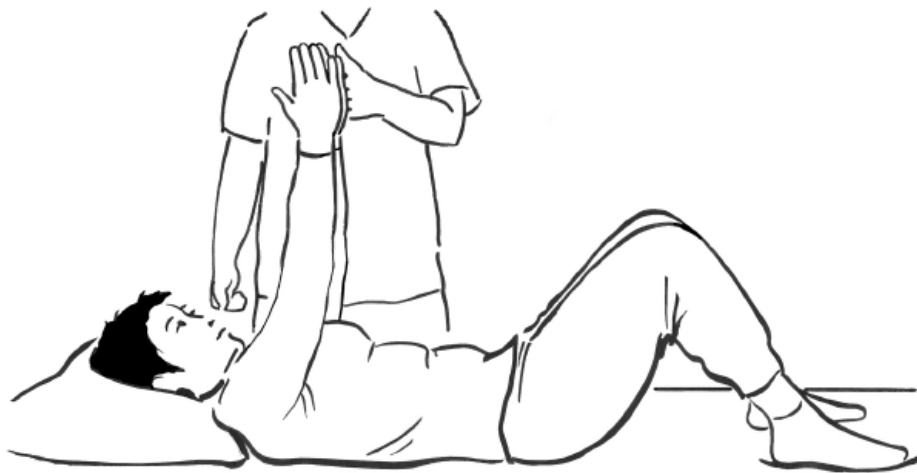
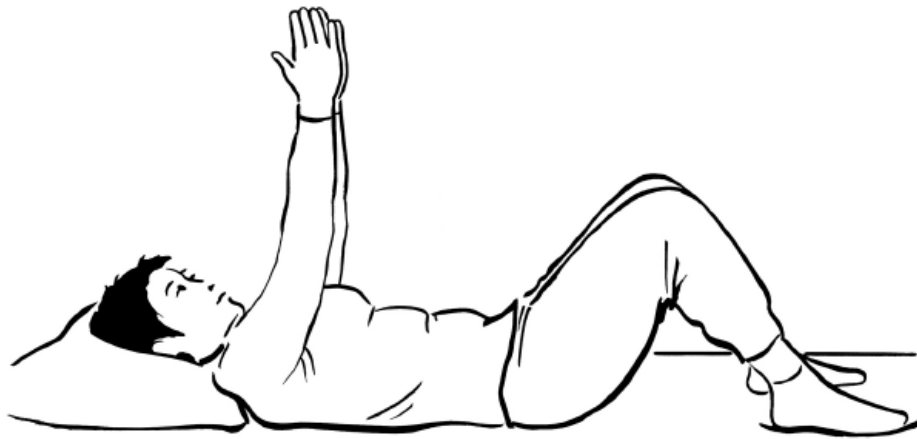


Figure 56 Resisted Trunk Rotation (shoulders flexed 100 degrees) (Goal: 3 sets of 5)

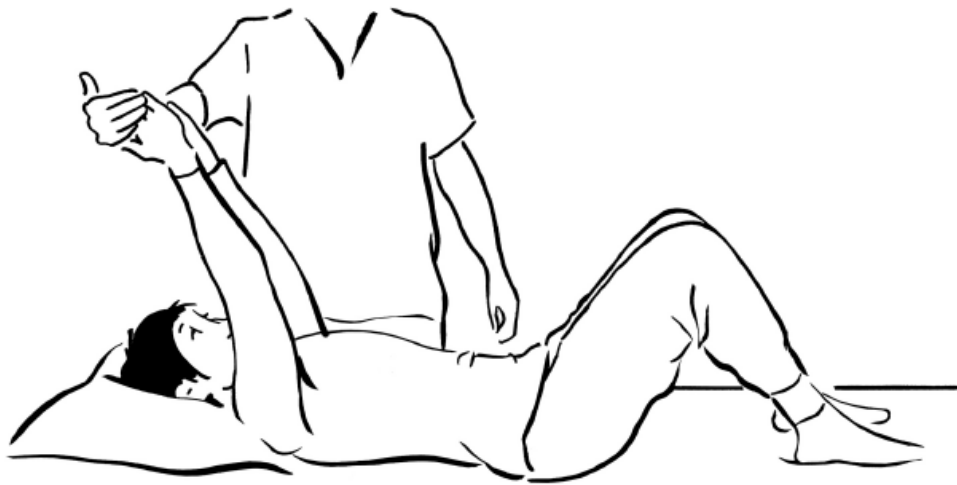


Figure 57 Using a Towel Roll to Loosen the Upper Back #1 (Goal: 10 minutes)

<https://www.youtube.com/watch?v=ODv0lvwaSHc&list=PLN30Mlh63YiCoxFFmeDb79tu3-Y2Wjkl&index=2> The towel should be centered right between your shoulder blades. Next, just relax, and let your shoulders fall back. Take a deep breath. Breathe in, in, in. Feel your chest rise. Exhale, and just...relax. After 10 deep breaths, continue lying on the towel, taking normal breaths and relaxing for 5–10 minutes.



Figure 58 Using a Towel Roll to Loosen the Upper Back #2

The version just brings a little more motion into the picture. Lie on your towel roll as described on the previous page. Place your hands at your sides (you may find this more comfortable if you prop them up on pillows). Take a deep breath. Breathe in, in, in...as you roll your palms up, squeeze your shoulders back, and stick out your chest. Now, breathe out, and relax. Relax your chest, your shoulders. Let your palms roll down. Start with 5 to 10 reps.

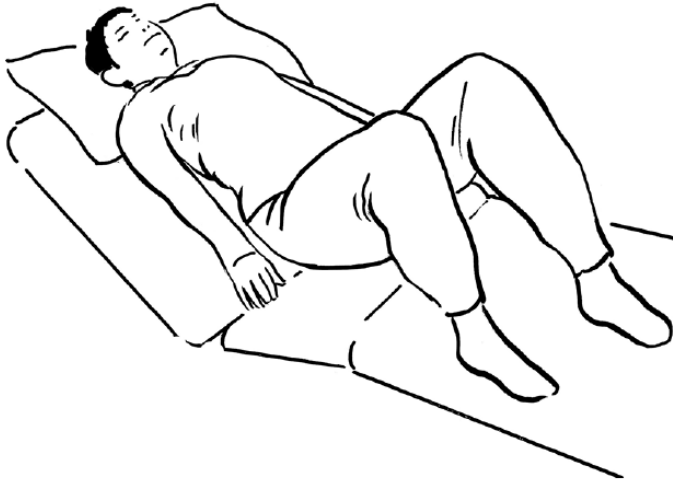
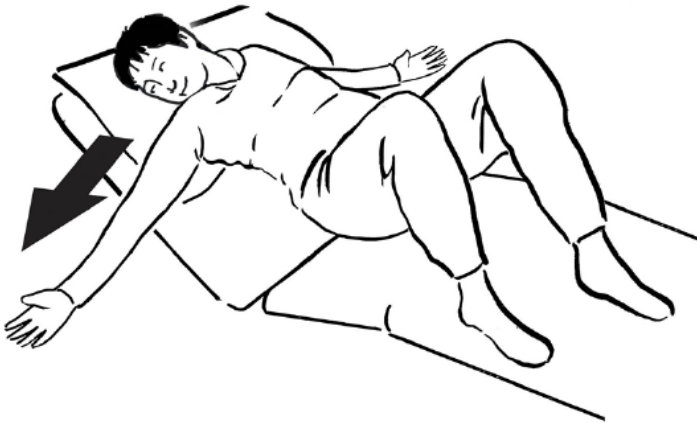


Figure 59 Towel Roll Exercise to Loosen the Upper Back #3 (Goal: 10–20 repetitions)

Place your hands a small way out from your sides (you can prop your arms on pillows, if you need to, for comfort). As you lie on the towel, breathe in. As you breathe out, reach to one side, so your body glides and rotates sideways over the towel roll. Breathe in again, then return to center. Repeat this movement from side-to-side.



End.