



Join Us:

Tuesday, June 27TH for Lunch Rounds

Dr. Carlo Ammendolia will be speaking on his clinical treatment and exercise program dubbed "Spinal Stenosis Bootcamp," which is an alternative to surgery for lumbar spinal stenosis.

Sponsored by Work-Fit Total Therapy and our Certified Lumbar Spinal Stenosis Doctor of Chiropractic Care, Doctor Natasha Speedie.

Dr. Carlo Ammendolia, DC, PhD

- Assistant Professor, Institute for Health Policy & Evaluation and the Department of Surgery, Faculty of Medicine, University of Toronto
- Associate Scientist, Department of Medicine, Mount Sinai Hospital
- Director of the Chiropractic Spine Clinic and Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis & Autoimmune Diseases
- Faculty, Spine Program and the Musculoskeletal Program, University of Toronto
- Professorship in Spine, Department of Surgery, University of Toronto

Research

Dr. Ammendolia is actively engaged in clinical research studies of non-operative treatments for degenerative lumbar spinal stenosis, ankylosing spondylitis and mechanical neck and back pain. He is the author of more than 35 peer-review papers, reviews and book chapters and has been the recipient of the Researcher of the Year Award from the Ontario Chiropractic Association.

Professional and Academic Activities

Dr. Carlo Ammendolia is the Director of the Chiropractic Spine Clinic and the Spinal Stenosis Program at the Rebecca MacDonald Centre for Arthritis and Autoimmune Diseases. He 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. He is a Faculty member of the University of Toronto Spine Program and The Collaborative Program in Musculoskeletal Sciences and an Adjunct Scientist at the Institute for Work and Health. In 2012, Dr. Ammendolia was recipient of the Professorship in Spine Award from the Department of Surgery in the Faculty of Medicine. He has been in clinical practice for over 30 years and now combines clinical practice, teaching and research in the area of non-operative treatment of mechanical, degenerative and inflammatory spinal disorders with a special interest in degenerative lumbar spinal stenosis.

Professional Training

Dr. Carlo Ammendolia received his undergraduate degree in microbiology in 1978 from the University of Toronto and received his chiropractic degree in 1982. In 1999 he received his MSc degree in Clinical Epidemiology and Health Care Research and in 2005 his PhD in Clinical Evaluative Sciences from the University of Toronto.

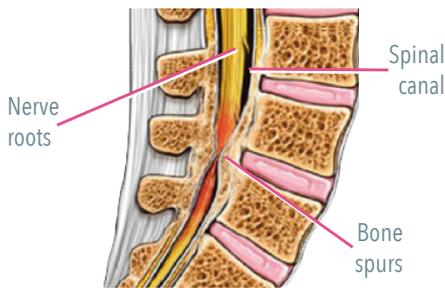
Dr. Ammendolia also received postgraduate training and certification in Musculoskeletal Rehabilitation and Occupational Health.



BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS[®]



What is Lumbar Spinal Stenosis?



Lumbar spinal stenosis is a leading cause of pain, disability and loss of independence in older adults. It is usually caused by age-related arthritic narrowing of the spinal canals where nerves exit the spine travelling to the lower back and legs. This narrowing can cause compression of the spinal nerves leading to low back and leg pain, numbness, weakness, and reduced ability to stand and walk.

Decompression surgery to remove the bone and ligaments around the stenosis is an option for patients with severe symptoms. However, effective treatments for patients with mild and moderate symptoms have not been established.

The Study

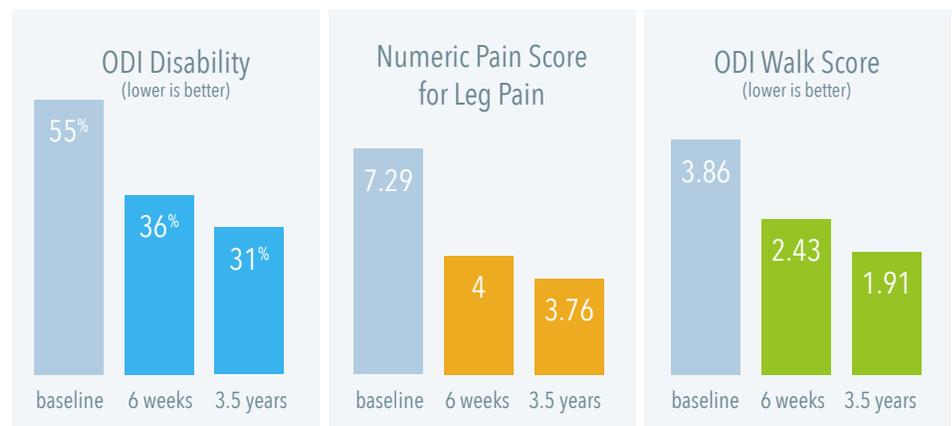
In an award-winning study Ammendolia and Chow demonstrated the effectiveness of the Spinemobility Boot Camp Program for Lumbar Spinal Stenosis[®].

PARTICIPANTS

49 individuals diagnosed with Lumbar Spinal Stenosis participated in the Study. At the baseline, participants were moderately to severely disabled, significantly limited in their walking ability and in moderate pain.

OUTCOME

Upon completion of the 6 week **Spinemobility Program**, participants exhibited clinically significant improvements in all outcome measures¹. These benefits were sustained over time, even after 3.5 years².



1. Ammendolia C, Chow N. Clinical Outcomes for Neurogenic Claudication Using a Multimodal Program for Lumbar Spinal Stenosis: A Retrospective Study. J Manipulative Physiol Ther. 2015 Jan 22.

2. Chow N, Ammendolia C et al. Presented at ACC RCC Conference Washington DC, USA, March 2017.



Encouraged by the results, The Arthritis Society funded a larger, randomized controlled trial in 2014. Clinically important improvements to participants' walking ability, functional status and pain were observed at 6 weeks, 6 months and 12 months. Spinemobility Boot Camp's impact, highlighted in this important study, will soon be published in a peer-reviewed journal.

BOOT CAMP PROGRAM FOR LUMBAR SPINAL STENOSIS[®]



Coaching on behavioural change

Specific strategies for behavioural change and self-management for sustainable benefit



Targeted manual therapy

Condition-specific techniques to maximize spinal and neural mobility



Specific exercises & strength training

Targeted home exercises to maximize aerobic fitness, strength and flexibility



Body repositioning & self monitoring

Postural techniques to maximize standing, walking and functional abilities



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To register for the program please contact Halton Healthcare's **Work-Fit Total Therapy Centre at: 905.845.9540.**

