

Occupational Therapy Toolkit

Spinal Stenosis - Cervical

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment

Radiculopathy involvement of UE only

Restricted cervical ROM
Impaired upper extremity strength
Impaired fine motor coordination
Paresthesia, or hypesthesia occurring in a dermatomal distribution
Pain in neck and arms

Myelopathy additional involvement of the LE

Impaired balance
Impaired lower extremity strength
Pain in legs
Fall risk
Urinary incontinence
Environmental barriers

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...

Recommend and/or provide adaptive equipment and alternative methods to compensate for limited neck ROM

Recommend and/or provide adaptive equipment and alternative methods to compensate for weak grasp and sensory loss (buttonhook, Dr. Grip pen, rubber bands or non-slip drawer liner placed around utensils, cups, grooming containers, using rubber gloves with tasks to provide grip for opening doorknobs, jars)

Instruct in application of neck joint protection during ADL's

Ability to don/doff cervical collar

Instruct in energy conservation techniques with application to ADL's

Computer modifications (the position of the monitor should encourage a neutral cervical posture, use of a slanted writing board, document holder, book stand, and telephone headset)

Driving assessment and adaptations

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Functional mobility training

Train in proper transfer techniques and bed mobility skills as they relate to ADL and IADL tasks

Provide UE therapeutic exercises and activities to improve strength and endurance

Educate regarding falls risk and prevention strategies

Instruct in pain management techniques

Teach stress management and relaxation techniques, instruct in coordinating medication peak with exercise and activity, educate in the use of superficial heat and cold

Assess home safety and functional safety and provide environmental modifications and adaptations

Patient Education:

1. Superficial Heat
2. Superficial Cold
3. Upper Body Strengthening and Stretching Exercises (with precautions)
4. Upper Body Strengthening Activities (with precautions)
5. Hand Strengthening Exercises
6. Joint Protections Principles
7. Handwriting Training
8. Stress Management and Relaxation Techniques
9. Energy Conservation Principles
10. Energy Conservation with Self Care Activities
11. Energy Conservation with Meal and Home Management
12. Falls Risks Assessment and Prevention Strategies
13. Home Safety and Functional Safety Assessment