

# Occupational Therapy Toolkit

## Spinal Stenosis - Lumbar

### **Functional Limitations:**

ADL, IADL, work and leisure impairment  
Functional mobility impairment  
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 back ROM (shower chair, grab bars, non slip mat, hand held shower, long bath sponge, raised toilet seat, bedside commode, leg lifter, reacher, sock aid, shoe horn, elastic shoe laces, dressing stick)

Instruct in application back joint protection techniques during ADL's

Instruct in donning and doffing TLSO

Instruct in energy conservation techniques with application to ADL's

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

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

### **Patient Education:**

1. Upper Body Strengthening and Stretching Exercises (with precautions)
2. Upper Body Strengthening Activities (with precautions)
3. Joint Protection Principles
4. Energy Conservation Principles
5. Energy Conservation with Self Care Activities
6. Energy Conservation with Meal and Home Management
7. Falls Risks Assessment and Prevention Strategies
8. Home Safety and Functional Safety Assessment