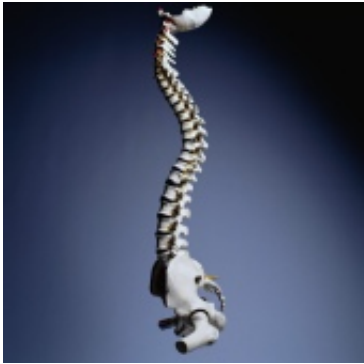


E-health intervention feasible in lumbar spinal stenosis

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(HealthDay)—For obese patients with lumbar spinal stenosis (LSS), an e-health intervention is feasible and effective for increasing physical activity and decreasing fat mass, according to a study published in the April 1 issue of *The Spine Journal*.

Christy C. Tomkins-Lane, Ph.D., from Mount Royal University in Calgary, Canada, and colleagues developed and piloted an e-health intervention aimed at increasing [physical activity](#) for individuals with LSS. Participants included 10 overweight or obese individuals with LSS. As part of the e-health intervention, participants received a pedometer and personalized consultation with a dietician and exercise physiologist. Participants logged on to the e-health website for 12 weeks to access personal goals, nutrition education videos, and a discussion board.

The researchers observed significant improvements for [fat mass](#), trunk fat mass, symptom severity, energy intake, maximum continuous activity, and mental health (P

"This intervention provides people with LSS the opportunity to participate in their own health management, potentially improving access to care," the authors write. "Efficacy is currently being assessed in a randomized trial."

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

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