## **Treat Your Own Spinal Stenosis**

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Is Spinal Stenosis Causing Your Back Pain? What is spinal stenosis?

The Top NEW Exercises for Lumbar Stenosis for Back/Leg Pain Relief. "Famous" Physical Therapists Bob Schrupp and Brad Heineck present The Top NEW Exercises for Lumbar Stenosis for Back/Leg ...

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**Spinal Stenosis** A narrowing of the spinal canal, **spinal stenosis** is not to be taken lightly. Learn how we **treat spinal stenosis** at Legacy with

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