



Have you had back surgery to help with pain in your leg due to narrowing in your spine?

Was your **back surgery within the last 12 months**? Can you help us?

We want to learn from your experience preparing for and undergoing surgery for lumbar spinal stenosis.

If you would like to know more, **scan the QR code** on the reverse of this flyer.

Alternatively, use the link:

<https://forms.office.com/e/H57h1uMnpZ>

or, email Lianne Wood

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PRE-habilitation for lumbar spinal
Stenosis Surgery (PRESS)

