I chose an article from the *Physical Therapy Journal* titled “Physical therapy interventions for degenerative lumbar spinal stenosis: A systematic review.” In this article, the authors take a look at multiple studies to find out the effects of physical therapy interventions in the treatment of lumbar spinal stenosis. The authors’ intent was to find out if physical therapy was a better treatment for lumbar spinal stenosis than surgery.

In my opinion, this article was very verbose and hard to understand. It was very technical and I had trouble following what was being said. The article used many charts and graphs, but there were no keys to indicate what they represented. This article used various methods to collect and review data from multiple case studies. It explains the process that was used to determine whether or not the studies could be used for this article. No conclusive was produced, therefore much more research in this area is needed. Low-quality evidence shows that physical therapy treatments showed some short-term improvement in patients suffering from lumbar spinal stenosis. This article should not be generalized because there is a lack of viable data to collect and compare.

I chose this article because it is about a spinal condition, something near and dear to me. As a massage therapist and chiropractic assistant, I deal with patients suffering from spinal disorders daily. I was hoping that this article would explain various treatments used so I could get an idea of how I can continue my work in the future as a PTA.