

The Grocery Cart Test helps individuals understand if walking with a grocery cart truly helps, and how much. If there is great improvement, it strongly suggests that Spinal Stenosis or what Dr. Goldman labels " PseudoStenosis" contribute to the difficulty walking or other symptoms. Almost all people with who improve with the Grocery Cart Test can improve greatly with Dr. Goldman's original methods of evaluating and treating symptoms presented in Walking Well Again.

At times, individuals who think the grocery cart helps are mistaken, as it is the frequent starts and stops of shopping that control symptoms, not the grocery cart. For those in doubt, doing a formal Grocery Cart Test can demonstrate improvement, as the testing must be done without stopping to shop or talk.

The Grocery Cart Test is only valid for people under approximately 5'2" if they rest their arms transversely on the cart, to get the flexion of the spine that is so helpful for taller people.

## The Grocery Cart Test

Choose a grocery store with numbered aisles, and a place to sit in the front. You will need to do this on two separate days. On each day you will follow the identical protocol, with one major difference. On the first day you will walk with no grocery cart, and on the second test day you will use a cart.

If you do not receive improvement with pushing a cart, and you are less than 5' 2" tall, you may try again, but with your arms resting side to side on the handle of the cart, to help you comfortably lean forward. Another option is to use a pediatric or junior walker, which we may lend you.

Enter the store. Rest on a chair for 5 minutes. Begin walking on Aisle #1. Record the time at which you start. Walk until you feel you begin to tire, and note where you are ( which aisle) and what the time duration was. Continue walking until you feel you must stop or sit to get relief, and record the aisle and amount of time since you began. On the second test day, do the identical walk but pushing a grocery cart.

For consistency, **do not stop at all**, even to talk or to even look at any items, even when with a cart.

	Day 1 (no cart)	Day 2 (with cart)	Day 3 ( if under 5'2", arms resting on cart or with walker)
Time (# of minutes) until tired	_____	_____	_____
Row at which you tire	_____	_____	_____
Time at which you feel you must stop or sit	_____	_____	_____
Row at which you feel you must stop or sit	_____	_____	_____