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Title: Objective measurement of free-living physical activity (performance) in lumbar spinal stenosis: are physical activity guidelines being met?

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1 Objective measurement of free-living physical activity (performance) in lumbar spinal stenosis: Are physical 2 activity guidelines being met? 3 4 Justin Norden, MPhil. 13 5 ¹Stanford University School of Medicine 6 291 Campus Drive 7 Li Ka Shing Building 8 Stanford, CA, 94305 9 jnorden@stanford.edu 10 11 Matthew Smuck, MD.³ 12 ³Department of Orthopaedic Surgery 13 **Stanford University** 14 450 Broadway 15 Redwood City, CA, 94063 16 msmuck@stanford.edu 17 18 Aman Sinha, MPhil.² 19 ²Department of Electrical Engineering 20 **Stanford University** 21 350 Serra Mall 22 Stanford, CA, 94305 23 amans@stanford.edu 24 25 Richard Hu, MD. 5 26 ⁵Department of Surgery 27 **University of Calgary** 28 1403 29 St NW, 29 Calgary, AB, T2N 2T9, 30 Richard.hu@albertahealthservices.ca 31 32 Christy Tomkins-Lane, PhD. 3,4 33 ⁴Department of Health and Physical Education 34 Mount Royal University 35 4825 Mount Royal Gate SW 36 Calgary, AB, T3E 6K6 37 clane@mtroyal.ca 38 39 40 41 Corresponding Author: Christy Tomkins-Lane 42 43 44 45 46 47 48 Background: Research suggests that people with lumbar spinal stenosis (LSS) would benefit from increased 49 physical activity. Yet, to date we do not have disease specific activity guidelines for LSS, and the nature of free-

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