



# Pattern #1 - Patient Education

## Symptoms

- ✓ Pain is worst in the back, buttocks, upper thigh, or groin but may radiate to the legs.

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- ✓ Pain may be constant or intermittent.

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- ✓ Pain is worse when sitting or bending forward.

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- ✓ Pain may be eased by bending backwards.  
Walking and standing are better than sitting.

## Positions and Exercises

The following rest positions can be used at home to rest your back and reduce pain. Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



### Supine Lie:

- Lie on back, knees and head resting on pillows.

Rest for \_\_\_ minutes every \_\_\_ hour(s).



### Prone Lie:

- Lie on stomach. Use three pillows to support hips.

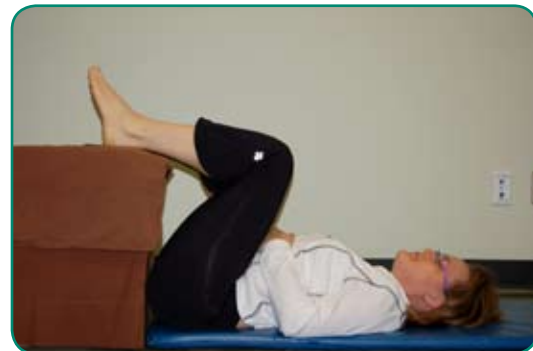
Rest for \_\_\_ minutes every \_\_\_ hour(s).



### Knees to Chest:

- Lie on back with knees bent and feet flat on the floor
- Slowly, bring knees up towards chest. Bringing the legs up one at a time makes it easier.
- Wrap arms behind knees and pull toward chest.

Hold for \_\_\_ minutes every \_\_\_ hour(s).



### "Z" Lie:

- Lie with back flat on floor, head supported by a pillow.
- Put feet on a chair with knees bent at more than a 90° angle. (May support buttocks with a pillow.)

Rest for \_\_\_ minutes every \_\_\_ hour(s).

# Pattern #1 - Patient Education

## Lumbar Roll - Sitting:

- Use a straight backed chair and \_\_\_ cm (\_\_\_ inch) lumbar roll to support curve of the back.

Rest for \_\_\_ minutes every \_\_\_ hour(s).



## Lumbar Roll - Night:

- Use lumbar night roll under mid-back when sleeping to support curve of the back.

## Other Care Information

For the first few days, you may only be able to lie on your stomach (see Prone Lie). Progress to prone extension using your arms, at your health care provider's recommendation.

## Sloppy Pushup:

- Lie on stomach with hands on either side of head.
- Keep lower body on floor and use arms to slowly raise upper body. (Hands may need to be positioned above head to fully extend elbows, while pelvis remains on the floor.)
- Keep back muscles relaxed.

Rest for \_\_\_ minutes every \_\_\_ hour(s).



To strengthen your back muscles, your care provider may prescribe other exercises and stretches.

Please see **General Recommendations for Maintaining a Healthy Back: Patient Information**.

- Your back will feel better when you walk or stand rather than sit. Schedule \_\_\_ minutes of walking every \_\_\_ hour(s).
- When standing, place one foot on a stool to relieve pressure on your back. Switch feet every 5 to 15 minutes. Maintain good posture.
- Avoid rolling your spine forward. This may put more pressure on the painful areas and increase your discomfort.

## Comments

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# Pattern #2 - Patient Education

## Symptoms

- ✓ Pain is worst in the lower back and may spread to buttocks or legs.

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- ✓ Pain is always intermittent.

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- ✓ Pain is worse when bending backward and when standing or walking for extended periods.

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- ✓ Pain may be eased by bending forward or sitting.

## Positions and Exercises

The following positions and exercises can be done at home to rest your back and reduce pain. Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



### "Z" Lie:

- Lie with back flat on floor, head supported by a pillow.
- Put feet on a chair with knees bent at more than a 90° angle. (May support buttocks with a pillow.)

Rest for \_\_\_ minutes every \_\_\_ hour(s).



### Knees to Chest:

- Lie on back with knees bent and feet flat on the floor
- Slowly, bring knees up towards chest. Bringing the legs up one at a time makes it easier.
- Wrap arms behind knees and pulling toward chest.

Hold for \_\_\_ minutes every \_\_\_ hour(s).



### Sitting Flexion:

- Sit with feet flat on the floor, about hip-width apart.
- Lean forward to rest stomach on lap. Allow arms and head to hang near feet.
- With hands on knees, use arms to raise upper body.

Hold for \_\_\_\_\_ seconds. Do \_\_\_\_\_ repetitions.

# Pattern #2 - Patient Education

## Other Care Information

Progress to these exercises at your health care provider's recommendation.



### Trunk Flexion Stretch (sustained flexion):

- Kneel on hands and knees.
- Tuck in chin and arch back.
- Slowly sit back on heels, dropping shoulders towards floor.

Hold for \_\_\_\_ seconds, then relax.

Do \_\_\_\_ repetitions.

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### Knees to Chest Stretch:

- Lie on back with knees bent and feet flat on floor.
- Raise one knee to chest and slowly raise the other to meet it. (Use hands to lift knees if necessary.)
- Place hands around knees and pull gently to chest. Press back firmly against floor by flexing stomach muscles.

Hold for \_\_\_\_ seconds, then relax.

Do \_\_\_\_ repetitions.

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Your health care provider may recommend other exercises and stretches. Please see **General Recommendations for Maintaining a Healthy Back: Patient Information**.

- When standing up, reduce unnecessary load on the spine by using your arms on your thighs to push your upper body into an upright position.
- **Avoid extension:** Do not bend your back backwards. This may cause more pain.

## Comments

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# Pattern #3 - Patient Education

## Symptoms

- ✓ Pain is mainly in the legs but back pain may be present.

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- ✓ Pain is constant.

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- ✓ Pain is often worse when sitting or bending, but in the acute stage can be made worse by any movement.

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- ✓ Pain may be lessened in some rest positions.

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- ✓ The best position is the one that most reduces the leg pain.

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- ✓ There is no place for exercise or repeated movements.

## Positions and Exercises

The best treatment is to schedule rest periods throughout the day. Lie down for \_\_\_\_\_ minutes each hour. Find the rest position that best reduces leg pain. Long-term bed rest is not recommended and can hinder recovery. Your health care provider may prescribe other medical therapies to decrease pain and will check the boxes next to the positions recommended for your condition.



### "Z" Lie:

- Lie with back flat on floor, head supported by a pillow.
- Put feet on a chair with knees bent at more than a 90° angle. (May support buttocks with a pillow.)

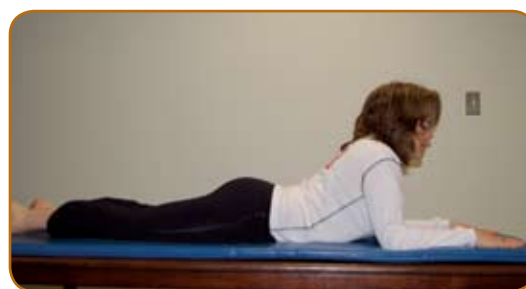
Rest for \_\_\_ minutes every \_\_\_ hour(s).



### Prone Lie:

- Lie on stomach. Use three pillows to support hips. (May support hips and head with pillows.)

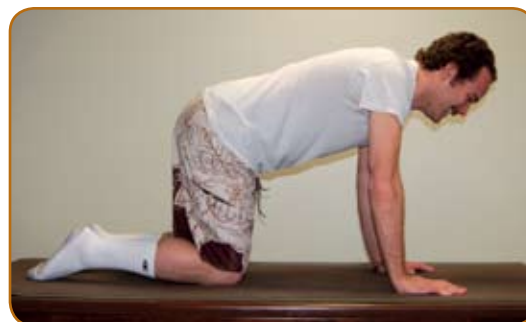
Rest for \_\_\_ minutes every \_\_\_ hour(s).



### Prone Lie on Elbows:

- Lie face down on floor or bed.
- Bend elbows and relax.

Rest for \_\_\_\_\_ minutes every \_\_\_ hour(s).



### Rest on Hands and Knees:

- Kneel on hands and knees on floor or bed.

Rest for \_\_\_\_\_ minutes every \_\_\_ hour(s).

# Pattern #3 - Patient Education



## Lumbar Night Roll:

- Wrap a night roll securely around waist when sleeping to support spine.
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## Lumbar Support When Sitting:

- Use a straight backed chair and \_\_ inch (\_\_ cm) lumbar roll to support curve of back.
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Please see **General Recommendations for Maintaining a Healthy Back: Patient Information** for more information about back care. Your health care provider may recommend stretches and exercises to strengthen your back and core muscles.

## Comments

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# Pattern #4 - Patient Education

## Symptoms

- ✓ Pain is worst in legs and can be described as heaviness or aching.

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- ✓ Pain is intermittent and is made worse by activity (often walking).

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- ✓ Pain is relieved by a change in position, usually by bending forward.

## Positions and Exercises

Pain should be relieved quickly with proper rest and flexion. When pain occurs in your legs, sit in a chair and lean forward until it subsides (see Sitting Flexion). Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



### Single Leg Abdominal Press:

- Lie on back with knees bent.
- Keep back in a neutral position and tighten abdominal muscles.
- Lift one leg so knee and hip are at a 90° angle.
- Press one hand against the knee while pulling it towards the hand. Keep elbow straight.

Hold for \_\_\_\_ seconds. Return to start position and repeat with opposite leg. Do \_\_\_\_ repetitions.

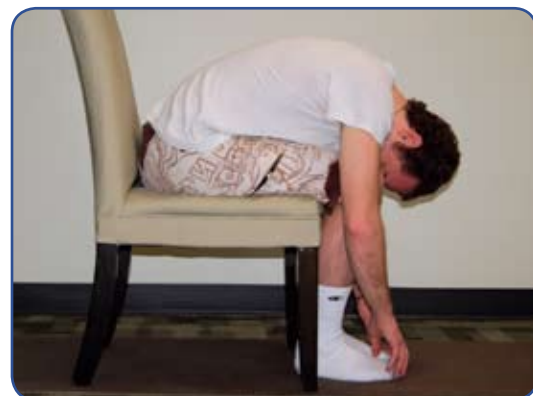


### Pelvic Tilt

- Lie on back, knees bent, arms on chest or at sides.
- Place feet flat on floor, hip-width apart, with knees slightly closer together than feet.
- Tighten abdominal muscles.
- Press small of back against floor, causing front of pelvis to tilt forward.

Hold for \_\_\_\_ seconds and then relax.

Do \_\_\_\_ repetitions.



### Sitting Flexion:

- Sit with feet flat on the floor, about hip-width apart.
- Lean forward to rest stomach on lap. Allow arms and head to hang near feet.

Hold for \_\_\_\_ seconds. Do \_\_\_\_ repetitions.

# Pattern #4 - Patient Education



## Cat and Camel:

- Kneel on hands and knees.
- Arch back, letting head drop slightly.
- Keep abdomen and buttock muscles tightened.

Hold for \_\_\_\_ seconds.

- Let back sag towards floor while keeping arms straight and weight evenly distributed between legs and arms.

Hold for \_\_\_\_ seconds. Do \_\_\_\_ repetitions.



## Partial Sit Up or Crunch:

- Lie on back with knees bent, feet flat on floor and arms crossed over chest.
- Using lower stomach muscles, raise head and shoulders slightly until shoulder blades are just off floor. (You may not be able to get up this far at first.)

Hold for \_\_\_\_ seconds. Relax. Do \_\_\_\_ repetitions.

## Other Care Information

The most effective treatment of your condition is a long-term regular exercise program, focused on increasing strength in your core muscles. Your health care provider may recommend exercises and stretches. (See **General Recommendations for Maintaining a Healthy Back: Patient Information**)

## Comments

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