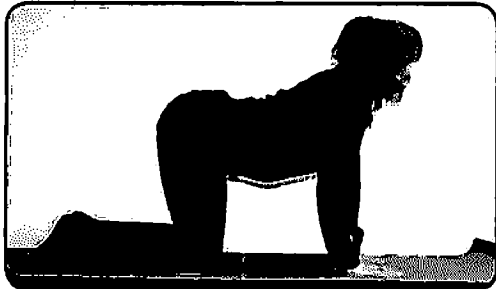
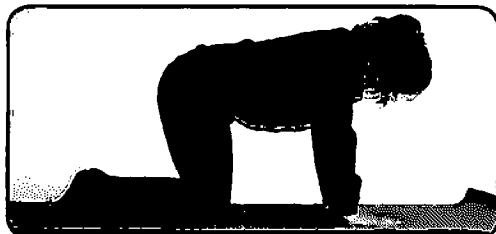


Pattern #4 - Patient Education



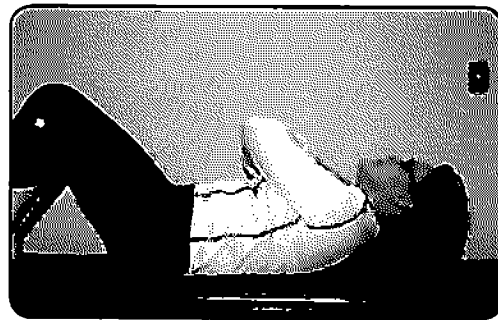
Cat and Camel:

- 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

Symptoms

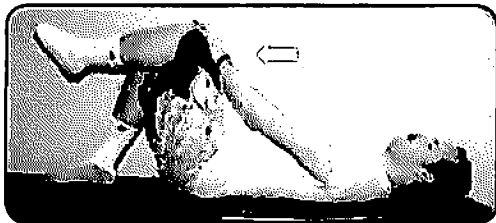
- ✓ Pain is worst in legs and can be described as heaviness or aching.

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

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

Positions and Exercises

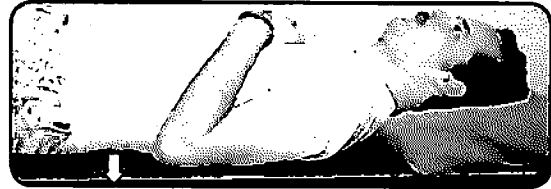
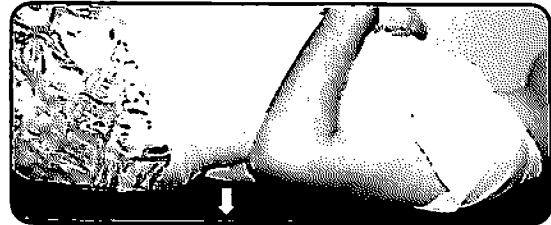
Pain should be relieved quickly with proper rest and flexion. When pain occurs in your legs, sit in a chair and lean forward until it subsides (see Sitting Flexion). Your health care provider will check the boxes next to the positions and exercises recommended for your condition.



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.