Patterns #4 - Patient Education

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.
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