

**Physical Therapy Department**

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# **General Instructions For Patients With Low Back Pain**



## **GENERAL INSTRUCTIONS FOR PATIENTS WITH LOW BACK PAIN**

**ACUTE STAGE:** Patients in this group must retain the hollow in their low back at all times. Bending the back, as in touching the toes, will only stretch and weaken the supporting structures of the back and lead to further injury.

**SITTING:** The legs must never be straight out in front, e.g. as in sitting up in bed, sitting in the bath tub, sitting on the floor. While sitting in a recliner or driving a car it is essential to accentuate the hollow of the low back with a cushion or rolled up towel and to keep the knees bent. You may find it necessary to move the car seat forward to reach the pedals and maintain the hollow in your back.

**NOTE:** Remember to sit straight while on the toilet.

**RISING FROM A CHAIR:** Maintain the hollow in the back and scoot toward the edge of the chair. Rise without leaning forward. Use the arms to push to a standing position if possible.

**DRESSING:** If possible get help for your shoes, socks and pants. If no help is available wear slip-on shoes and be very careful with socks and pants.

**RISING FROM BED:** Lie on your side - bend both knees up and drop the feet over the side and then sit up. This avoids bending the back.

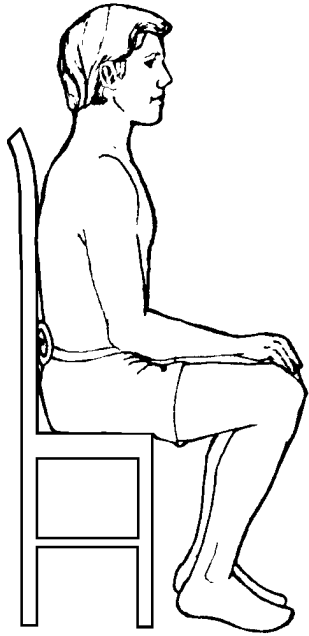
**SLEEPING:** A firm mattress is usually desirable. If one is not available, slats or plywood supports will firm the bed or the mattress may be pulled to the floor. A towel around your waist may provide beneficial support.

**COUGHING AND SNEEZING:** Lean backwards to increase the hollow or support the hollow with your hands if either is painful.

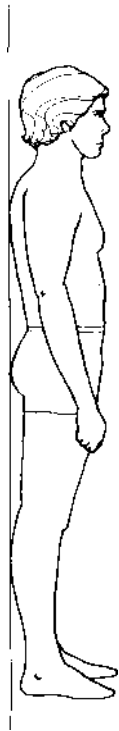
**GOOD POSTURE:** Good posture is the key to spinal comfort. Slouching or losing the hollow in your back will cause pain and discomfort.

**REMEMBER!** At all times you must maintain a hollow in the small of the back.

Correct positions for:

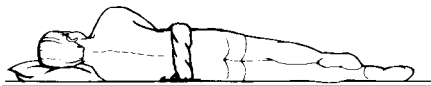


Sitting

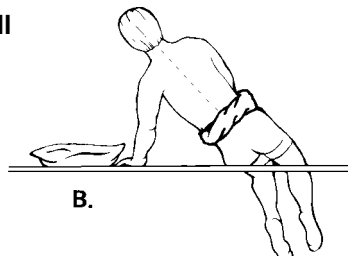


Standing Posture

Pinned Towel Roll



A.



B.