

Physical Therapy Department

Self-Treatment Techniques For Acute Low Back Pain

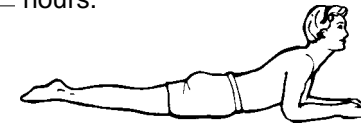


SELF-TREATMENT TECHNIQUES FOR ACUTE LOW BACK PAIN

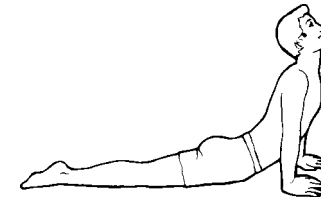
NOTE: Use only those techniques which your therapist has instructed you to use. If a technique causes symptoms to develop or to increase discontinue it until you speak with your therapist.

PRONING PROGRESSION

1. Lie on your stomach with _____ pillows under your abdomen for _____ minutes.
2. Lie flat on your stomach for _____ minutes every _____ hours.
3. Lie on your stomach. Raise your upper body by rising up on your elbows. Be sure to keep your hips down against the floor. Do _____ repetitions every _____ hours.

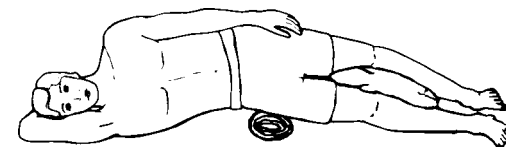


4. Lie on your stomach. Place your hands flat on the floor at shoulder level and raise your upper body off the floor by straightening your elbows. Keep your hips down against the floor.



SELF-TRACTION TECHNIQUES

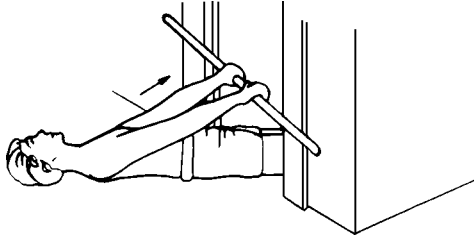
1. Positional traction — Lie on your _____ side with a firm roll about 8 - 12" in diameter under your hip and a pillow between your knees. Keep your knees bent slightly and allow your upper shoulder to roll back slightly. Lie in this position for _____ minutes _____ times per day.



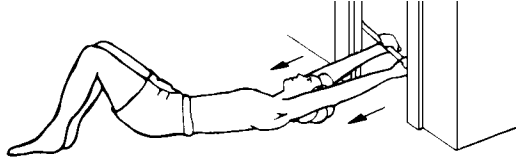
- Lie with your head at the edge of a bed with a firm mattress. Bend your knees and raise your arms overhead so you can grasp the edge of the mattress. Try to keep your trunk relaxed as you gently pull by just bending your wrists. Hold this for _____ seconds. Repeat _____ times, every _____ hour(s).



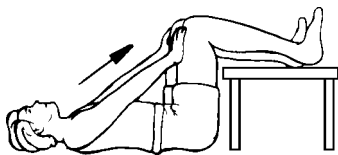
- Lie flat on the floor in the center of a doorway with bare skin touching the floor below the waist to provide some friction. Hold a cane or broomstick in front of you across the doorway. Push against the cane with both arms. Hold this for _____ seconds. Repeat _____ times, every _____ hour(s).



- Lie in front of a doorway on your back with your knees bent and with bare skin touching the floor below your waist to provide some friction. Raise both arms overhead and hold a cane against the opposite side of the doorway. Gently pull with your arms against the cane. Hold this for _____ seconds. Repeat _____ times, every _____ hour(s).

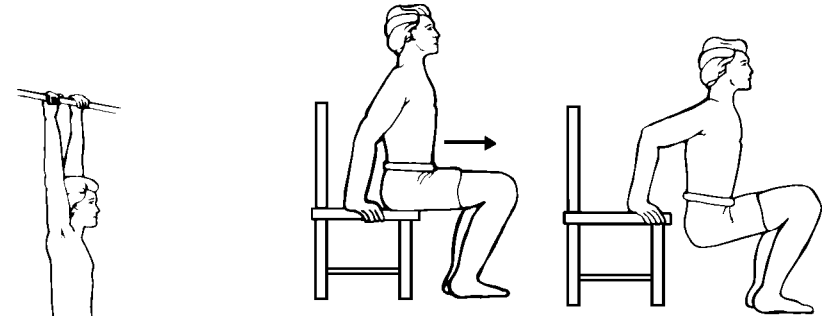


- Lie on the floor with your lower legs supported on a chair or sofa in a 90/90 position. Gently push against your thighs with both hands. Hold for _____ seconds. Repeat _____ times, every _____ hour(s).

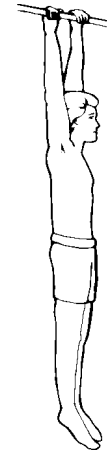


2

- Sit on the edge of a firm chair with hands holding the seat of the chair on both sides. Slide your buttocks off the edge of the chair and relax your body while supporting yourself with your arms.

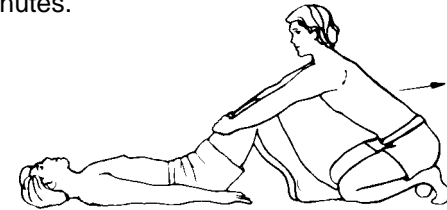


- Hang from a chinning bar or door frame wide enough to grasp. Relax your back and legs.

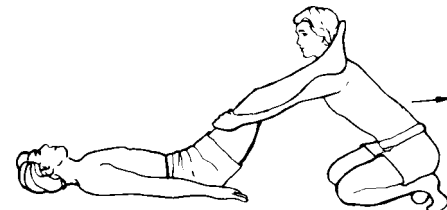


HOME TRACTION TECHNIQUE REQUIRING ASSISTANCE

- Lie on your back with knees bent. Have your assistant kneel at your feet. Assistant grasps his hands around your thighs and leans his body backward to apply the traction. Hold this for _____ seconds. Repeat for a total of _____ minutes.



- Lie on your back with knees bent and both your lower legs resting on one shoulder of your kneeling assistant. Assistant grasps both your legs about the thighs and leans backward to apply the traction. Hold this for _____ seconds. Repeat for a total of _____ minutes.



3