

## Symptoms

- ✓ Pain is worst in the back, buttocks, upper thigh, or groin but may radiate to the legs.
- ✓ Pain may be constant or intermittent.
- ✓ Pain is worse when sitting or bending forward.
- ✓ 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 degree angle. (May support buttocks with a pillow.)

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



**☐ 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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