

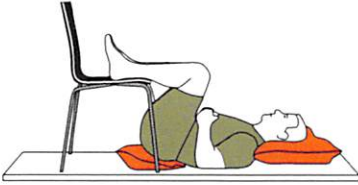
# LEG PAIN

## Information Sheet

**PATTERN 3**

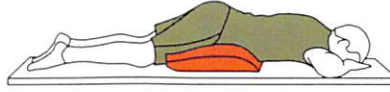
**Z-LIE**

Keep your knees bent at more than a 90-degree angle. Rest for \_\_\_ minutes every \_\_\_ hour(s).



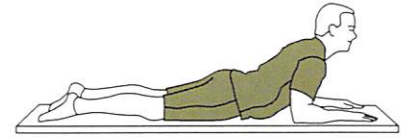
**PRONE LIE**

Use \_\_\_ pillows to support your hips. Rest for \_\_\_ minutes every \_\_\_ hour(s).



**PRONE ON ELBOWS**

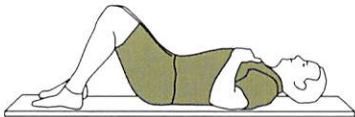
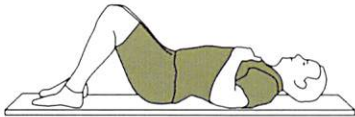
Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**PATTERN 4**

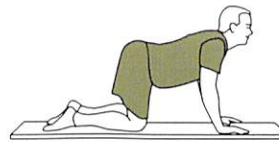
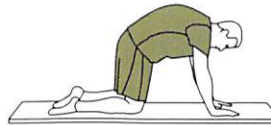
**PELVIC TILT**

Keep your feet flat on the floor. Press the small of your back against the floor by tightening your abdominal muscles. Feel your pelvis tilt. Remember not to hold your breath. Hold for \_\_\_ seconds. Do \_\_\_ repetitions.



**ANGRY CAT**

Arch your back letting your head drop slightly. Keep your abdominal and buttock muscles tightened. Hold for \_\_\_ seconds. Let your back sag toward the floor. Hold for \_\_\_ seconds. Do \_\_\_ repetitions.



**PARTIAL SIT-UP OR CRUNCH**

Arms crossed over your chest. Using your abdominal muscles raise up until your shoulders blades are just off the floor. Hold for \_\_\_ seconds. Do \_\_\_ repetitions.



**POSTURE**

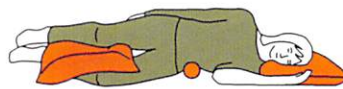
**SITTING LUMBAR ROLL**

Use a straight back chair and a lumbar roll to support the curve of the back.



**LYING DOWN SIDE OR SUPINE LYING**

To support your back and stop it from sagging always remember to use a night roll and pillow(s) placed between/under the knees.



**STANDING FOOT STOOL**

Place one foot up on a foot stool to reduce the pressure on the lower back.



**NOTES:**

# BACK PAIN

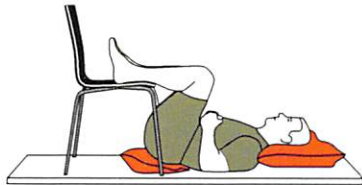
## Information Sheet

The rest positions and exercise outline in this handout can be used to reduce your pain.  
Your therapy team will check the boxes next to each recommendation for your diagnosis and treatment.

**PATTERN 1**

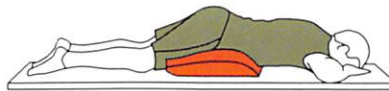
**Z-LIE**

Keep your knees bent at more than a 90-degree angle. Rest for \_\_\_ minutes every \_\_\_ hour(s).



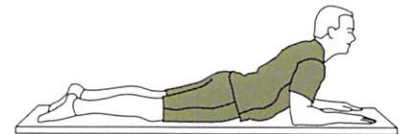
**PRONE LIE**

Use \_\_\_ pillows to support your hips. Rest for \_\_\_ minutes every \_\_\_ hour(s).



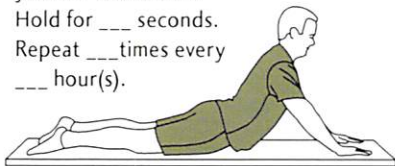
**PRONE ON ELBOWS**

Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**SLOPPY PUSH-UP**

Keep your lower body on the floor and use your arms to slowly raise your upper body. Lock elbows straight. Your pelvis should remain on the floor. Pause then lower yourself back down. Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**STANDING EXTENSION**

Place hands below the back and arch backwards. Keep knees straight. Repeat \_\_\_ times every \_\_\_ hour(s).



**SUPINE FLEXION-ROTATION**

Lie on your \_\_\_ side and bring your knees towards chest. Turn chest to the \_\_\_ side. Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**PATTERN 2**

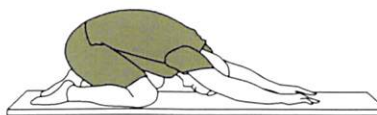
**KNEES TO CHEST**

Hold for few seconds, relax and repeat. Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**TRUNK FLEXION STRETCH**

Slowly sit back on your heels while reaching forwards. Hold for \_\_\_ seconds. Repeat \_\_\_ times every \_\_\_ hour(s).



**SITTING FLEXION**

Hold for \_\_\_ seconds. With your hands on your knees, use your arms to raise your upper body. Do \_\_\_ repetitions every \_\_\_ hour(s).



**STEP FLEXION**

Hold for \_\_\_ seconds. With your hands on your knee, use your arms to raise your upper body. Do \_\_\_ repetitions every \_\_\_ hour(s).



**NOTES:**