

# Back Class

Kaiser Fremont Physical Therapy Department  
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(510) 248-3200



Your Doctor or Nurse Practitioner has scheduled you in the back class because you have back pain. In this one time class, you will learn exercises and self care activities to help you recover from back pain and manage flare ups.

## FREQUENTLY ASKED QUESTIONS

- **If my back is hurting should I still attend the class?** We encourage you to still attend the class unless you are having difficulty moving and sitting. The activity and exercise will be modified to accommodate any symptoms you may be experiencing
- **What if I have more pain after the class?** You have the opportunity to schedule a 1 on 1 appointment with a Physical Therapist within 1 months time after the class
- **I lost my exercise handout, how can I get another one?** You can get another copy by contacting the Physical Therapy Department or going online to our physical therapy department website.