

Beginning Back Class

Kaiser Fremont Physical Therapy Department
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(510) 248-3200



Your Physical Therapist may suggest this class if you have a back problem. The class discusses basic anatomy of the back, gives instructions in back exercises, and practices proper body mechanics with everyday activities. If you are taking this class please come 10 minutes prior to the class dressed so that you may exercise. This is a one time only class. Our receptionists or your Physical Therapist can provide you with available dates and times.

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?** The class activity and exercises are modified to minimize the chances of flaring your back symptoms. If you do experience an increase in back pain after the class you should contact your primary Physical Therapist.
- **I lost my exercise handout, how can I get another one?** you can get another copy from your primary Physical Therapist, online in our physical therapy department website, or by calling our receptionists