

Back Class: Kaiser Fremont



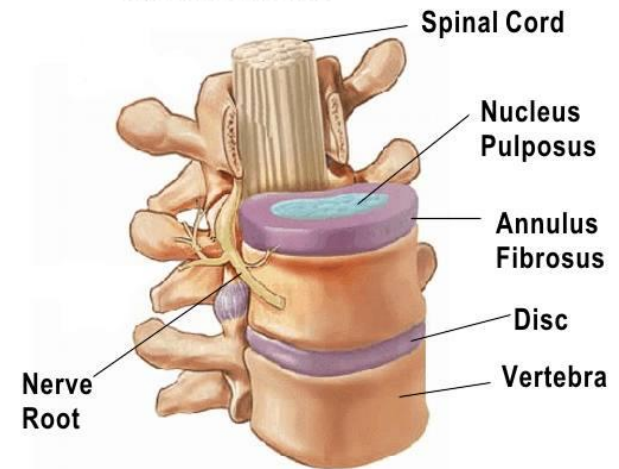
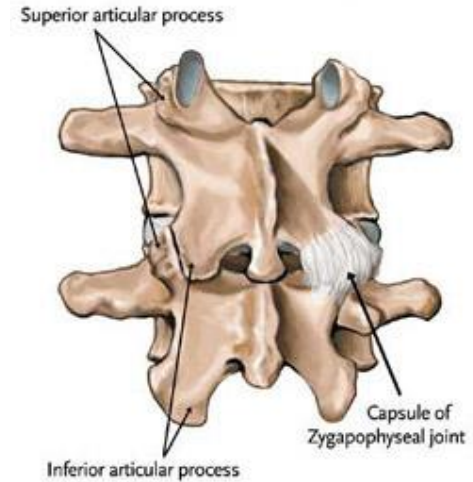
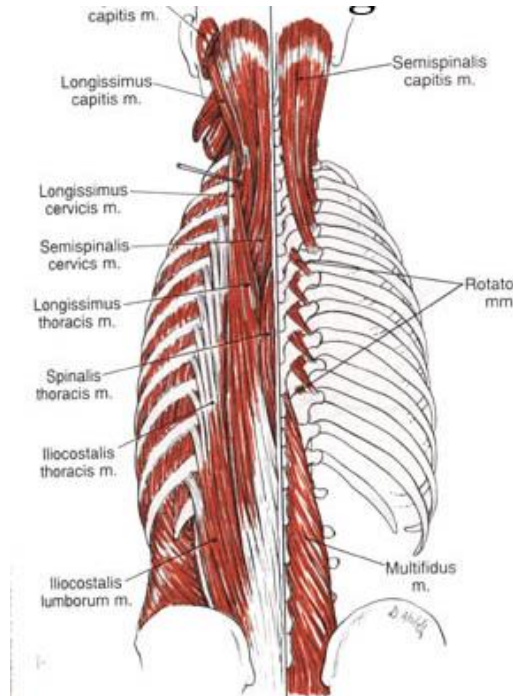
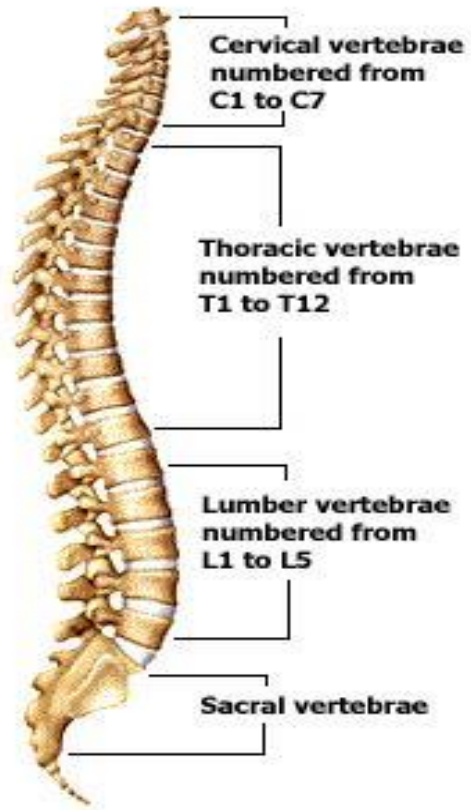
Please turn
your cell
phone off.
Thank you.

Physical Therapy Department

Clinic Goals

- Overview of the anatomy of your back
- Common causes of low back pain
- Managing a flare-up
- Establish an exercise program

Anatomy of Your Back



Low Back Pain

- Degenerative Joint Disease (DJD) or Osteoarthritis
- Degenerative Disc Disease (DDD)
- Herniated Disc
- Stenosis



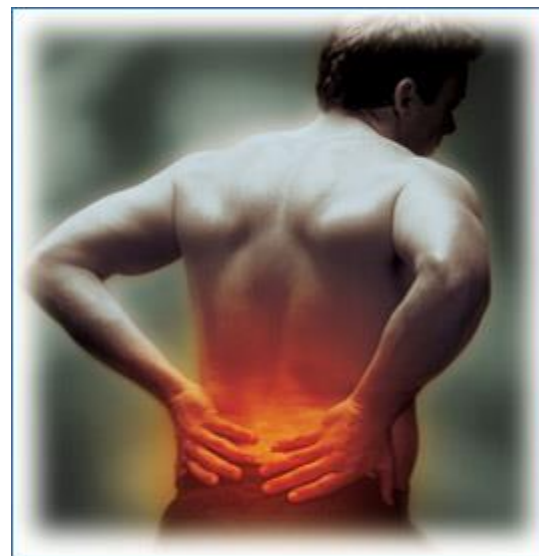
Low Back Pain

- Muscle Strain
- Ligament Sprain
- Muscle and Ligaments mainly cause pain in the area of the low back



What Makes It Hurt?

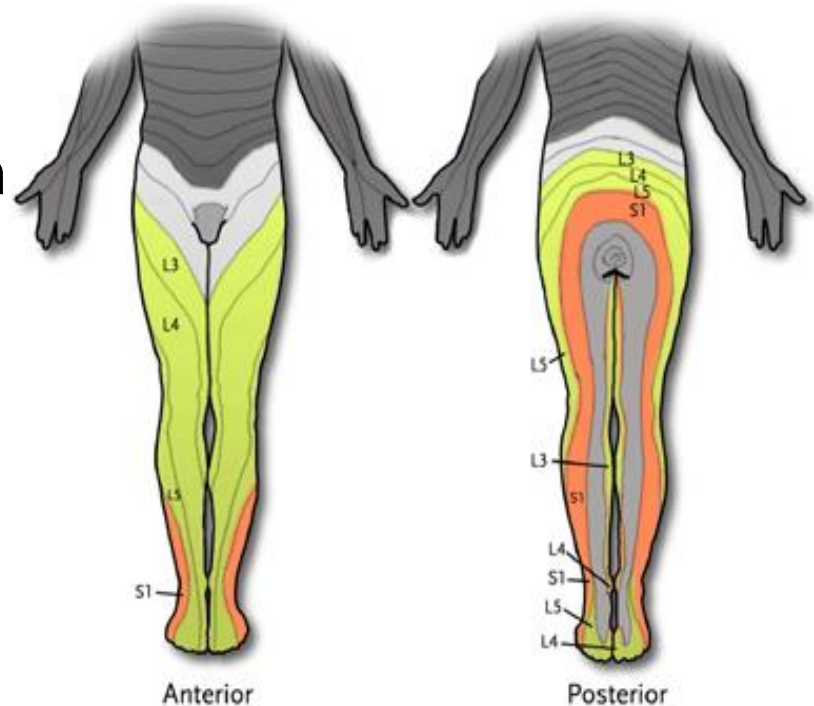
- Aging – discs and joints wear out.
- Poor posture or body mechanics over time
- Weakening of muscles
- Tightening muscles
- Traumatic event – MVA



Low Back Pain

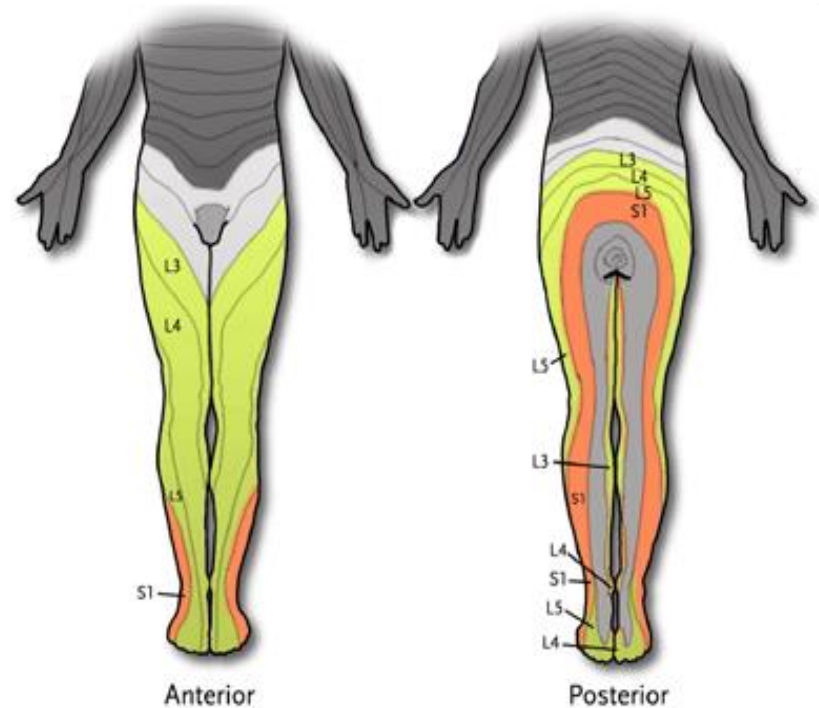
Pain down the leg is often referred to as radiculopathy or sciatica

- Centralization of pain: when pain leaves the leg and back pain remains.
- May be more uncomfortable
- May be first time the back hurts



Low Back Pain

- Radiculopathy can cause weakness of different muscle groups, numbness in extremities, or reflex changes

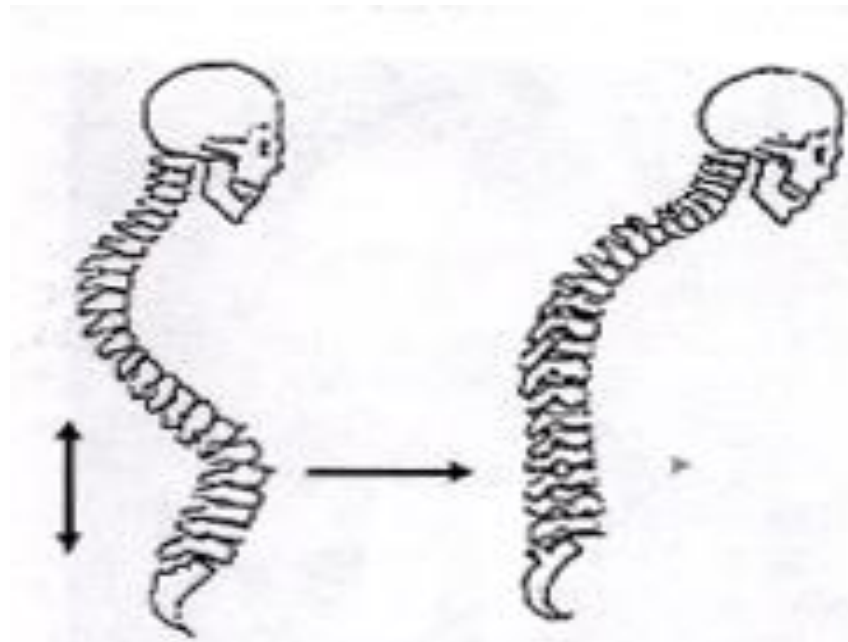


Call your primary care provider if you have...

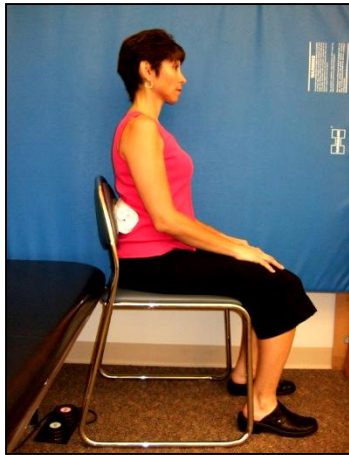
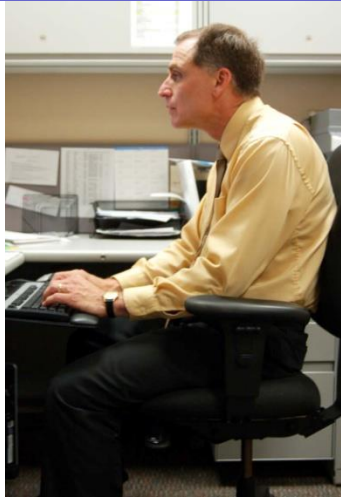
- Loss of bladder or bowel control or difficulty in starting or stopping urination
- Weakness in the legs and/or numbness in the genital or rectal area
- Worsening symptoms
- Pain that now radiates down both legs
- Weakness or numbness that is preventing you from standing or walking comfortably

Posture

- Excess arching or slouching can irritate your back



Practice Good Sitting Posture



- Providing support to the low back can help by keeping you in a more upright posture
 - Sit with a small towel roll behind your back
 - Adjust the size of the towel roll to comfort
- Working on the computer
 - Good chair (back support)
- Laptops or texting
 - Take frequent breaks
 - Monitor your posture
 - Create a “desktop” space for your laptop at home
- Avoid sitting on benches or seats without support
- Get up every 30 minutes for 1-2 minutes

Avoid Bad Posture

- Walking
 - Be tall
- Standing
 - Foot up on stool
- Lying
 - Place pillow between knees if lying on your side



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Use Proper Body Mechanics

- Going from sitting to standing
 - Scoot forward in the chair
- Getting in and out of a car
 - Do not twist
- Getting out of bed
 - Log Roll
- Getting into bed
 - Lie on your side first

Use Proper Body Mechanics

- Washing your face and brushing your teeth
 - Bend knees, open the cupboard doors under sink
- Dishwasher and laundry
 - Squat when doing something low
- Sweeping, mopping, vacuuming, and raking
 - Keep your arms near your trunk (don't reach)
- Picking up objects off the floor
 - Squat and keep object close

Stages of Healing

- **Inflammatory Phase**
 - 0 to 4 weeks
 - Removal of injured tissue
 - Initial repair of connective and muscle tissue begins
- **Healing Phase**
 - 4 to 8 weeks
 - Additional new tissue development and remodeling
- **Strengthening Phase**
 - 8 to 12 weeks
 - Additional new tissue development and remodeling
 - Additional muscle cell development

Managing Pain: Ice and Heat

- Ice reduces swelling which can help with your pain (see handout for ice pack recipe).
 - Use a damp towel between skin and ice pack
 - Ice for 10-15 minutes
 - Ice 3-7x/day when acute
- Heat is best for stiffness or chronic pain.
 - Never use heat on recent or new injuries (the first 72 hours)
 - Never sleep on a heating pad



Managing Pain: Self Traction: In Chair

- With hands on arm rests, push down to de-weight and stretch your spine.
- Hold for 30 seconds and relax. Repeat 3 to 5 minutes



Self Traction



Exercise

- Aerobic Fitness
- Flexibility: Stretching
- Strengthening: Core Stabilization



Exercise Guidelines

- You may feel discomfort in the muscles that are being exercised. This is fine as long as the discomfort goes away once you have finished the exercise.
- Respect Pain
 - Your back pain should not increase during exercise
 - You may need to modify or change the exercise to avoid pain
 - You will continue to have “Good” and “Bad” days
 - Back off a little on “Bad Days”
 - Do not increase exercise just because it is a “Good Day”

Aerobic Exercise

- Begin an aerobic program
- Walking is an easy way to start
 - Do some walking every day
 - Start with a time or distance that you can complete easily
 - Increase distance or time every 10 to 14 days
- Your goal is to reach 20 to 30 minutes of walking every day

Stretching Guidelines

- Stretch for 5 to 10 minutes total
 - Hold each one 30 seconds
 - Relax 10 seconds in between
- Stretch gently
- Feel the stretch in the muscle
- Avoid pain or discomfort (during or after the stretching)
- Repeat 2 times each day

Stretches

- **Knee to Chest**



- **Knee to Opposite Chest**



Stretches

- Knees side to side



Hamstrings



Strengthening Guidelines

- Start with 10 repetitions and build up to 20
- Start with 2 sets and work up to 3 sets of each exercise
- Exercise 4 to 5 times per week
- Avoid pain or discomfort (during or after the strengthening exercises)

Core Strengthening Exercises

- Pelvic Tilt



Bridge



Core Strengthening Exercises

- 4 point Arm



4 point Leg



Core Strengthening Exercises

- Mini Squat



Additional Information

You can go to My Doctor Online at:

<http://mydoctor.kaiserpermanente.org/ncal/mdo/>

for additional information.

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James Lyon, PT
Physical Therapy

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South Sacramento Medical Center
Appt/Advice: 916-688-2096
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General References
[Health Encyclopedia](#)

Lower
Back
Articles

Lower back
video

Next Steps:

- Call me in two weeks or less if you have any questions regarding your back, or need a follow up appointment.
- The number will be on my business card
- Dept phone number (510)248-3200

Next Steps

- Consider a low impact, core exercise class
 - Look into exercise classes like Tai Chi, Yoga or Pilates once the acute symptoms have subsided
- Our recommendation is to use these suggestions for a couple weeks
 - The first day in PT often gives you this same information
- Call me if you have any questions or you need a follow up appointment
 - The number will be on my business card
 - You do not need to contact your doctor first

Thank You for Attending

- Questions and Answers

