Back or leg pain WORSE when sitting or leaning forward?



Things to Know & Do

① When your pain is severe:

- ✓ Continue activity as tolerated
- ✓ Modify your activities and include more rest breaks
- ✓ Change positions frequently (limit sitting)
- ✓ When sitting or lying flat on your back, try putting a rolled up towel behind the curve of your low back
- ✓ Try the positions and exercises below (*for descriptions, videos, and more exercises go to www.isaec.org*)

Comfort Positions: hold 3-5 minutes



Prone Lying



Z Lying

Pain Relieving Exercise: 10 times, 3-5 times per day





Sloppy Pushup, Beginner – Start with hands further from body. Bring hands closer to body as pain improves

*** If any exercise makes your pain much worse, and the pain lasts for longer than 30 minutes after, then change how you do the exercise (do less or make movement smaller) or try a different exercise to see what works best for you. The key is to keep moving in a way that does not make things worse.*

Go to the nearest hospital emergency department if you have:

- New or worsening leg weakness
- Loss of feeling between your legs (groin or genital area)
- Unable to pee when you want to or NEW loss of control of your bowel and/or bladder

② When your pain is more manageable:

- ✓ It is normal for pain to go up and down as long as it stays manageable, it is safe to remain active and exercise
- ✓ Modify work as needed
- ✓ Stay active and include endurance exercise– walking, treadmill, aquafit 3-5 times per week, 10-30 mins
- ✓ Use a lumbar roll when sitting
- ✓ Use a sit to stand desk at work or get up every 30 minutes
- ✓ Try the positions and exercises below (***for descriptions, videos, and more exercises go to www.isaec.org***)

Strengthening Exercises: 3 times per week, at least 10-15 repetitions



Sloppy Pushup – Hands closer towards body



Beginner Partial Squat – tighten belly, gradually progress to full squat



Bird Dog – Beginner lift leg only. Harder: opposite arm and leg.



Bridge – keep belly pulled in towards your back, squeeze buttocks to lift



Plank – Beginner on knees. Harder plank: on toes legs straight. Repeat 3-5 times, hold as long as possible.

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