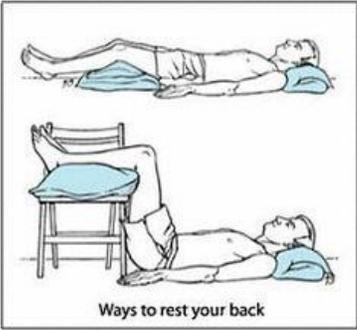
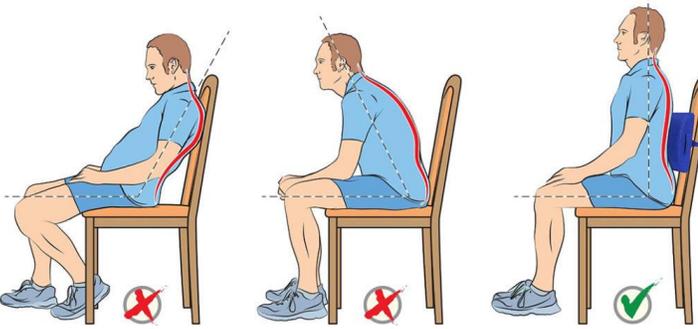


Home Instructions for Disc Problems

Best positions for laying, sitting and standing.

 <p style="text-align: center;">Ways to rest your back</p>		 <p style="text-align: center; font-size: small;">Figure 4 Standing back extension</p>
	<p>Sitting puts more pressure on the disc and should be minimized. Always put a pillow behind the back. After sitting, stand in extension for 30 seconds.</p>	

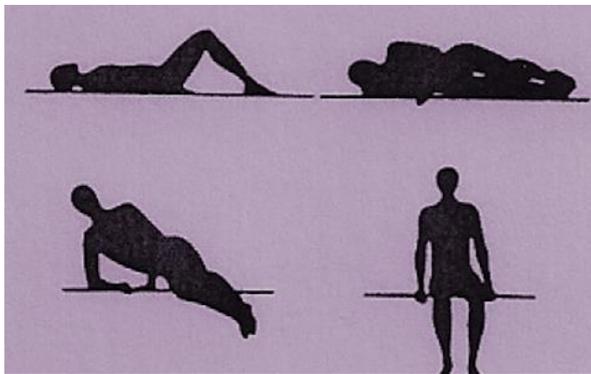
Laying takes the pressure off the disc and should be emphasized. Put a pillow under the knees when on your back and a pillow between your knees when on your side. Never lay on your stomach.

Reducing Inflammation is a key.

ICE- 20 minutes every hour when pain is acute. NSAID's (nonsteroidal anti-inflammatory drugs) can be used e.g. Advil/ ibuprofen or Aleve. If necessary, stronger medication can be prescribed by your family physician such as prednisone or a Medrol dose pack.

	<p>For pain relief- Lift your buttock off the chair with arms straight and let your weight hang. This decompresses the disc. Hold as long as you can and repeat often, even every 15 minutes.</p>
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	<p>Low Back Brace- Some patients will benefit from the use of lumbar support brace. Often the brace is worn 24/7 for 1-3 days until the pain is reduced by 50% or more. Then wean off the brace using it less each day. Never use a brace continuously for weeks at a time because muscles will weaken.</p>
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When getting up from a lying position, Always roll on your side first then push yourself up slowly with both hands.

Exercising for a Disc Problem

Walking and movement are helpful. Short, comfortable times throughout the day are best.

Exercises should be slow & gentle. They can be done on the bed or the floor.

Begin with the press up- pushing up to a level of mild pain or discomfort but not severe pain.

If pain ever shoots down the leg, discontinue, ice and do not repeat until you next see the doctor.

Hold for 3 deep breaths, relaxing the stomach toward the floor, especially on exhalation.

Lay flat and relax. Repeat 10x. This is the first exercise to incorporate. Start this one right away.



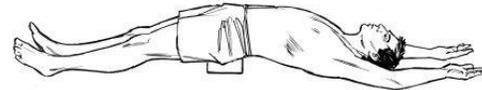
Press up on hands slowly, keeping hips in contact with floor. Relax low back and buttocks.



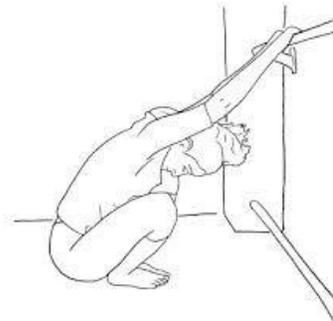
With buttock on a block or pillow, Slowly straighten out both legs one at a time by sliding each heel out along the floor (do not lift foot off floor); then relax in extension; hold 30-60 seconds



Gently pull knees to chest; lift buttock slightly; hold 30 seconds



Tighten stomach and slowly raise buttocks. Hold 30 seconds. Repeat 2-3x Only add the next 3 exercises when pain is reduced. (Less than 5 on a 1-10 scale)



Some patients get relief from these stretches; try it and see for yourself

Hold 30-60 seconds. Repeat as desired for relief of pain.



If you have access to an exercise ball, laying over the ball in extension can achieve a degree of decompression. Just relax on the ball for 1/2 to 2 minutes.

