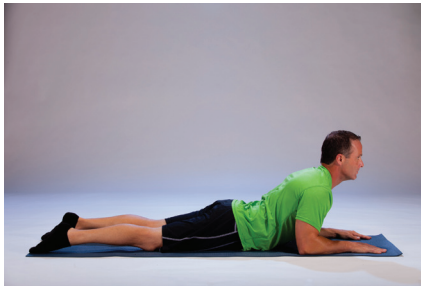


Pattern 1

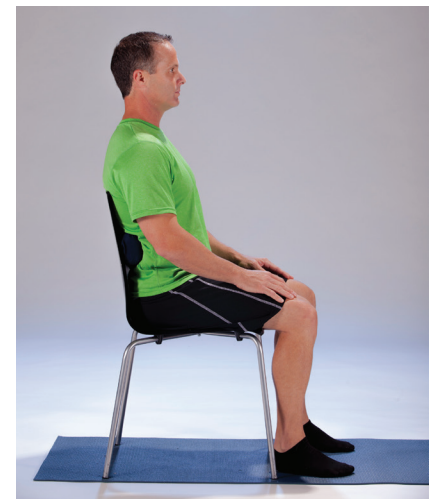
SLOPPY PUSH-UP



PRONE LIE ON ELBOWS



LUMBAR ROLL: SITTING



“Z” LIE



PRONE LIE



NIGHT ROLL: LYING DOWN



Pattern 2

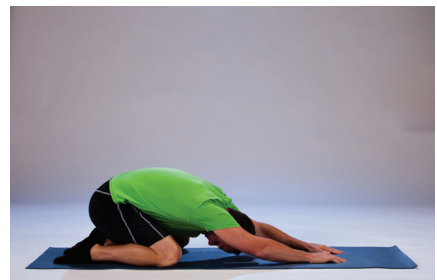
KNEES TO CHEST



SITTING FLEXION



TRUNK FLEXION STRETCH



courtesy of Pure Healthy Back

Pattern 3

■ "Z" LIE



■ REST ON HANDS & KNEES



■ NIGHT ROLL: LYING DOWN



■ PRONE LIE



■ PRONE LIE ON ELBOWS



■ LUMBAR ROLL: SITTING



Pattern 4

■ SLOPPY PUSH-UP



- A) It is the leg pain that is the focus and which will decrease with the sloppy push-ups.
- B) Because it is leg dominant, radicular pain, a gentle, gradual approach is recommended.



Pattern 1 (Exercises)

FA

■ PARTIAL SIT-UP OR CRUNCH



■ SINGLE LEG ABDOMINAL PRESS



■ SITTING FLEXION



■ LUMBAR ROLL: CAT & CAMEL



FR

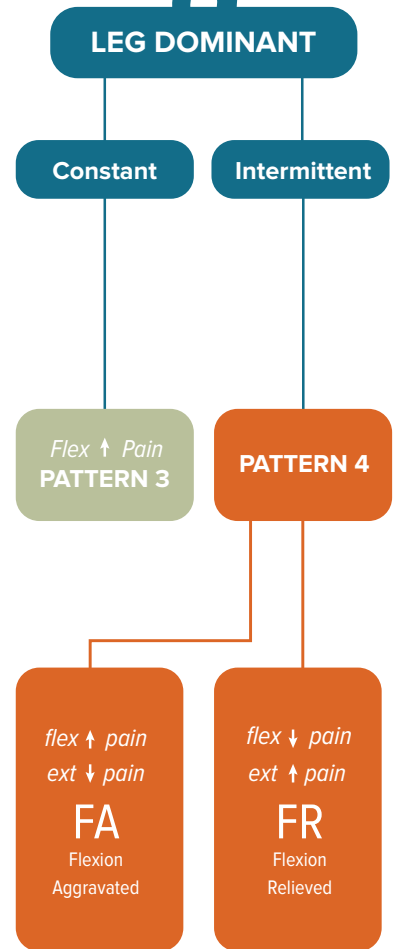
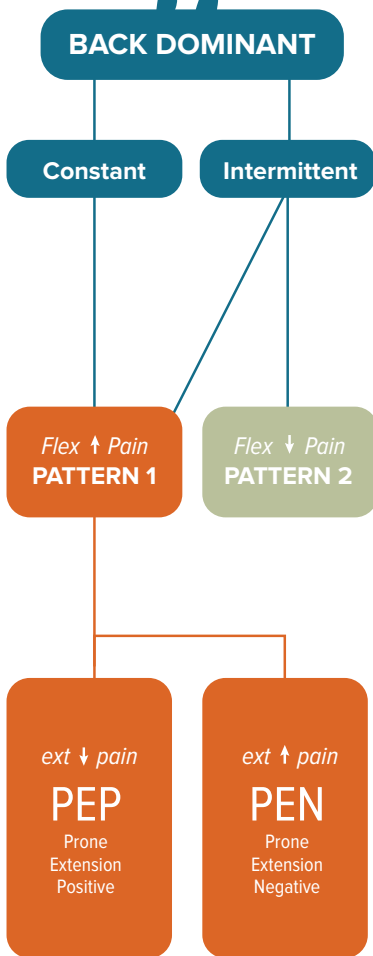
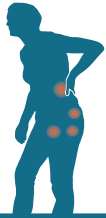
■ PELVIC TILT



courtesy of Pure Healthy Back

Patterns of Low Back Pain MSK Resource

Courtesy of Dr Hamilton Hall, CBI Health Group, Pure Healthy Back,
Journal of Current Clinical Care Educational Supplement The Latest in Back
Pain Management January 2013.



Q1 - Where is your pain the worst?

Q2 - Is your pain constant or intermittent?

<<< Q3 - Does bending forward make your typical pain worse? >>>>
Also determine patients's typical pain response to extending backward

Q4 - Has there been a change in your bowel or bladder function

Q5 - What can't you do now that you could do before you were in pain and why?

Q6 - What are the relieving movements/ positions?

Q7 - Have you had this same pain before?

Q8 - What treatment have you had before? Did it work?

Q9 - If age of onset < 45, are you experiencing morning stiffness in your back > 30 minutes?

TWO TESTS TO RULE OUT RED FLAGS

TEST 1

Test upper motor function.

TEST 2

Test lower sacral sensation.

RED FLAGS

- **Sphincter disturbance:** bowel or bladder
- **Non-mechanical pattern of pain**
 - Disproportionate night pain
 - Wide spread neurological signs or symptoms
 - Thoracic dominant pain
- **Constant pain**
 - History of cancer
 - Unexplained weight loss
 - Fever
 - Recent or on-going infection
- **Lack of treatment response**
- **Immunosuppression**
- **Intravenous drug use**
- **Palpation**
 - is more helpful in cases of suspected fracture, infection, tumour or pain disorder.



Practice Support Program

www.pspbc.ca



doctors of bc
British Columbia Medical Association