

TREATMENTS

Keep your notes going as you proceed with these treatments

Disc pain: 11, 2, 14, 3, 1, 8, 5, 6, 10, 13, 17

Lumbar stenosis: 19, 8, 3, 5, 7, 9

Facet joint pain: 2, 14, 11, 8, 3, 5, 9, 6, 7, 15, 16, 17

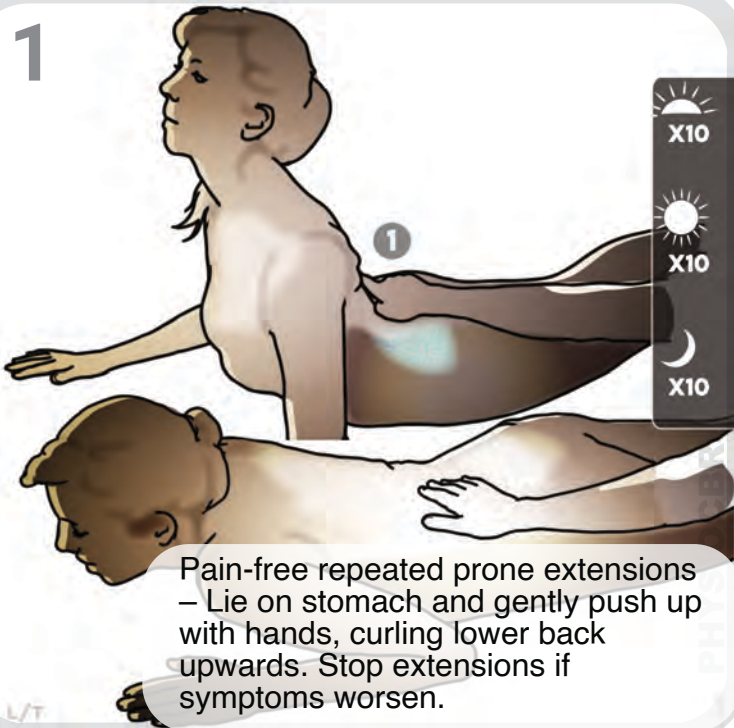
Muscle spasm: 18, 19, 11, 4, 5, 9, 15, 17

Osteoarthritis: 19, 3, 5, 6, 9, 15, 17

Myofascial tightness: 12, 3, 4, 5, 9, 15, 17

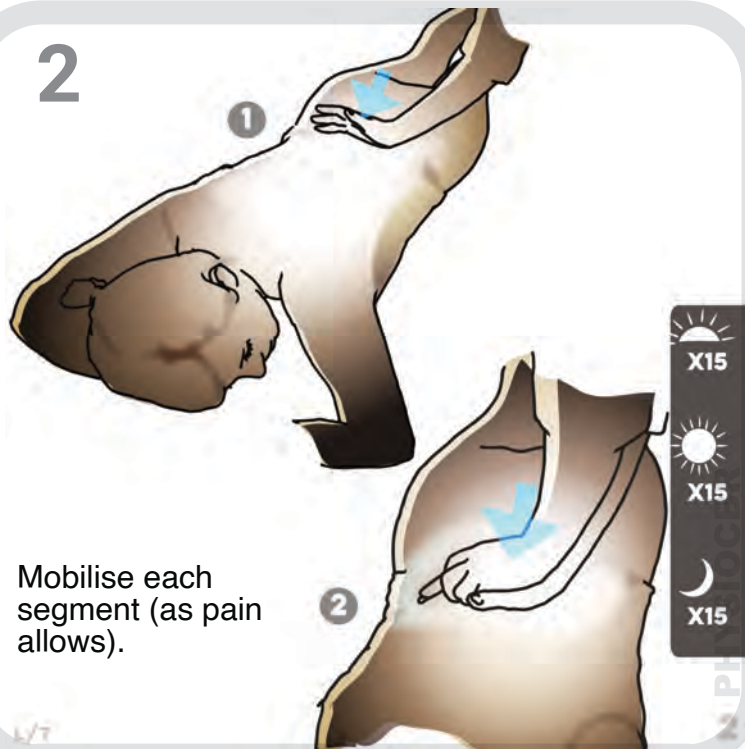
Fracture: 20, 18, 8, 5, 6, 3, 15, 16

1



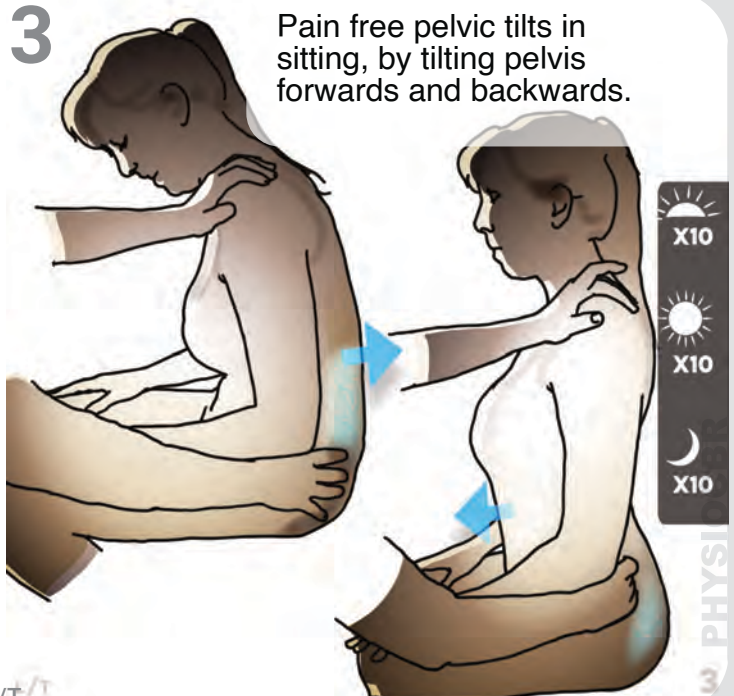
Pain-free repeated prone extensions – Lie on stomach and gently push up with hands, curling lower back upwards. Stop extensions if symptoms worsen.

2



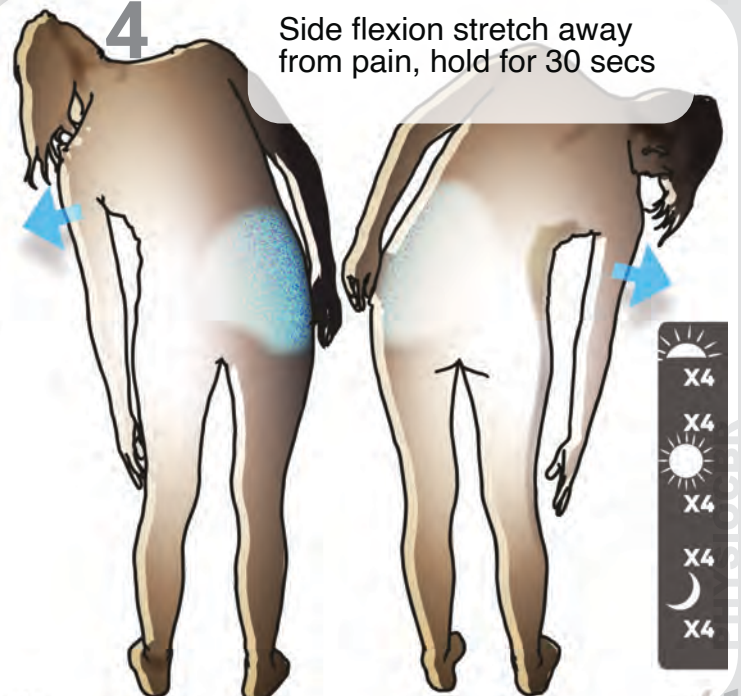
Mobilise each segment (as pain allows).

3



Pain free pelvic tilts in sitting, by tilting pelvis forwards and backwards.

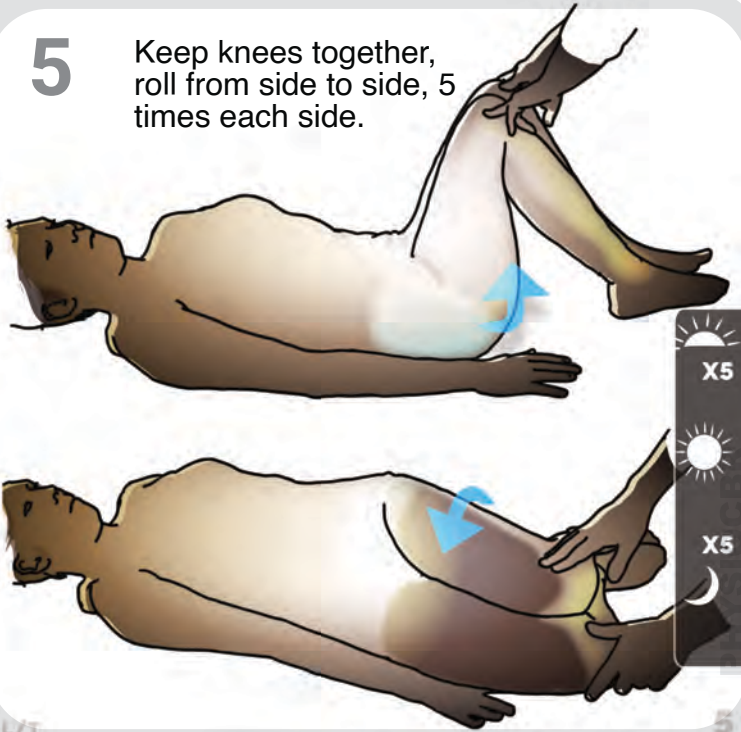
4



Side flexion stretch away from pain, hold for 30 secs

5

Keep knees together, roll from side to side, 5 times each side.



6

Pelvic floor exercises (when going to the toilet, stop mid-flow and feel muscles work) Try and repeat muscle contraction when doing daily activities e.g lifting, walking.



7

While seated, rest hands on knees and slide forward as far as possible, repeat slowly



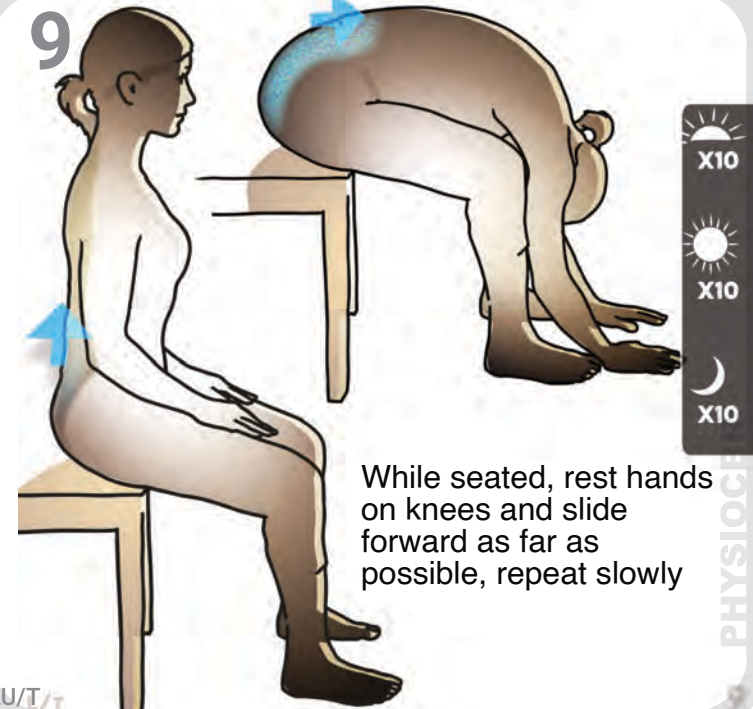
8

Lie on back with knees bent. Hold pelvic muscles and pull in stomach muscles. Hold 10 secs



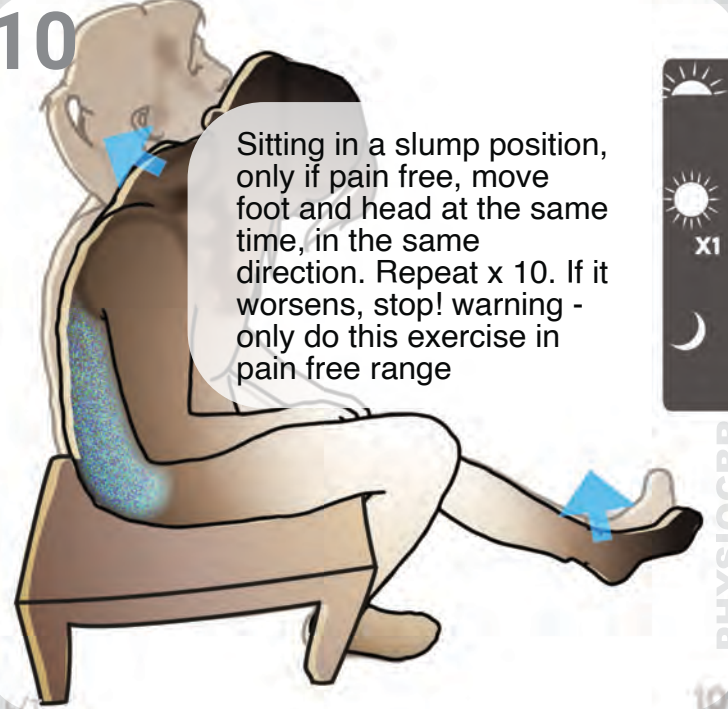
9

While seated, rest hands on knees and slide forward as far as possible, repeat slowly

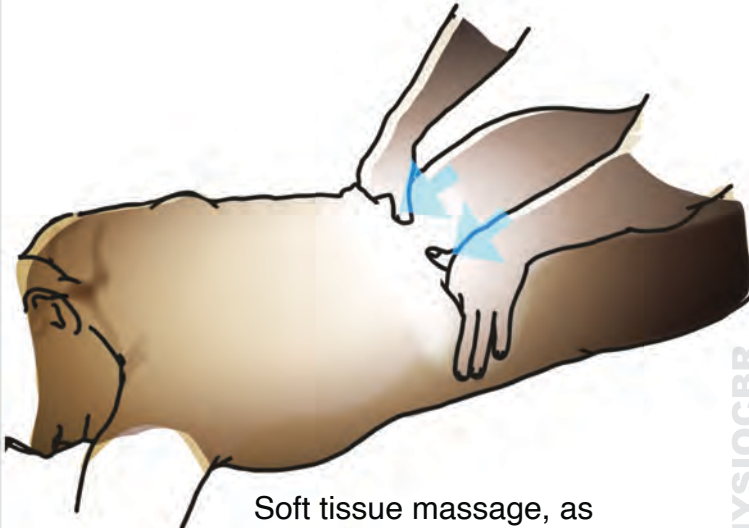


10

Sitting in a slump position, only if pain free, move foot and head at the same time, in the same direction. Repeat x 10. If it worsens, stop! warning - only do this exercise in pain free range



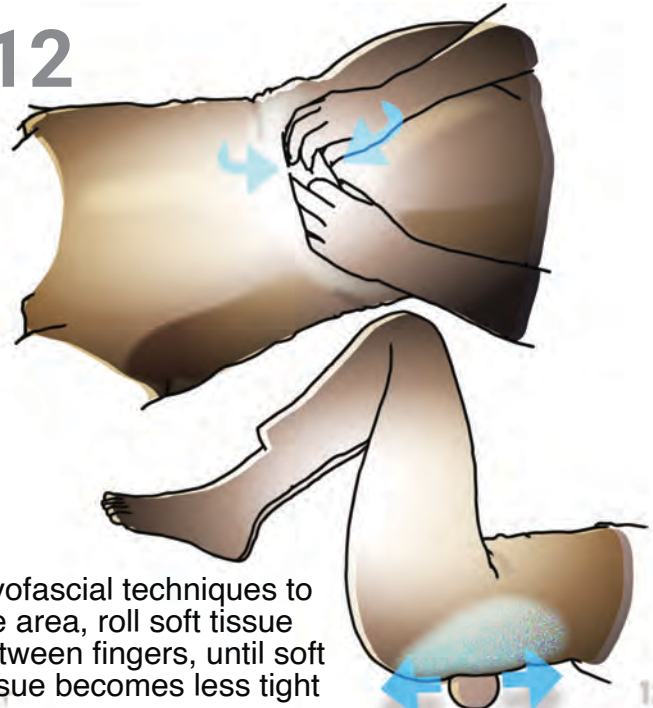
11



Soft tissue massage, as pain allows

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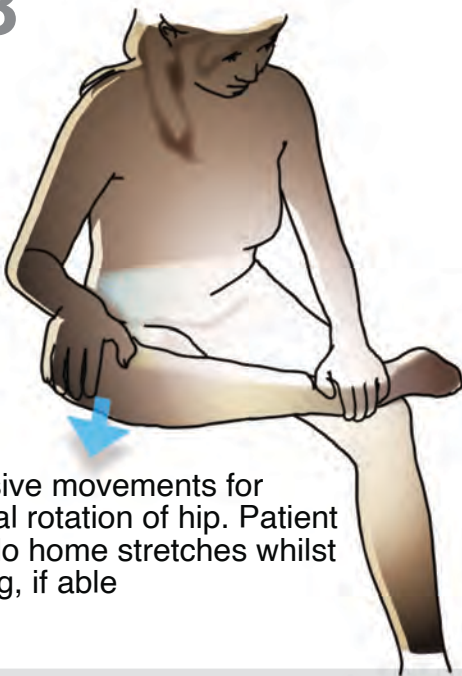
12



Myofascial techniques to the area, roll soft tissue between fingers, until soft tissue becomes less tight

PHYSIOCBR

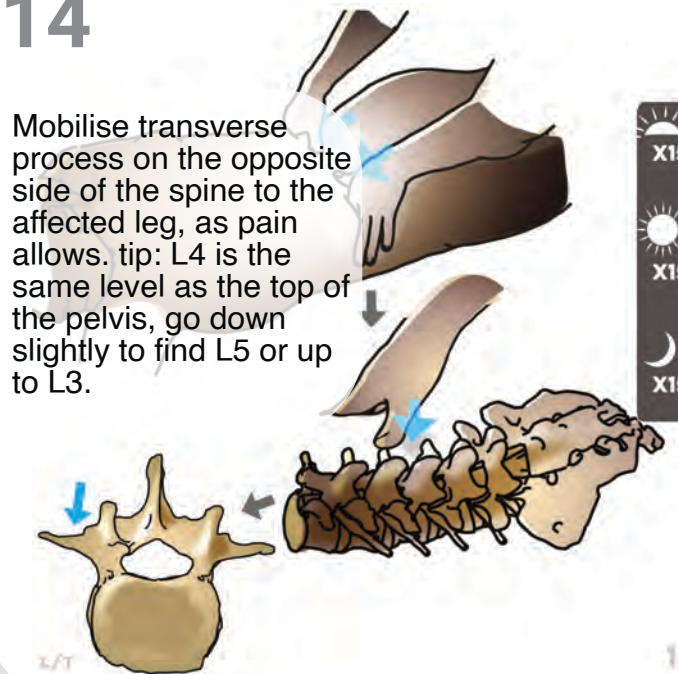
13



Passive movements for lateral rotation of hip. Patient will do home stretches whilst sitting, if able

X15
 X15
 X15

14

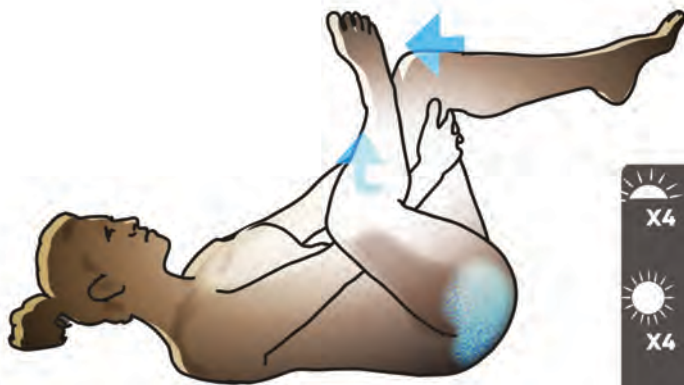


Mobilise transverse process on the opposite side of the spine to the affected leg, as pain allows. tip: L4 is the same level as the top of the pelvis, go down slightly to find L5 or up to L3.

X15
 X15
 X15

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15

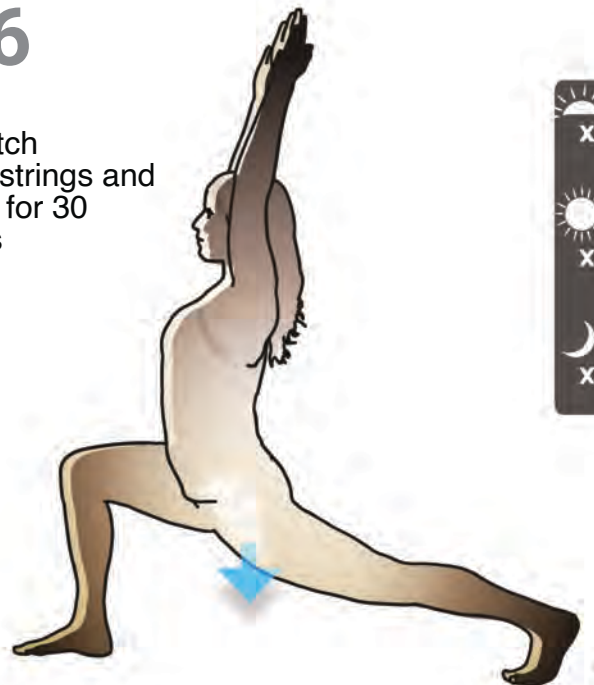


Holding below the knee of one leg, cross the second leg over the opposite knee and pull both legs towards chest. Hold 30 seconds, or as pain allows

X4
 X4
 X4

16

Stretch hamstrings and hold for 30 secs

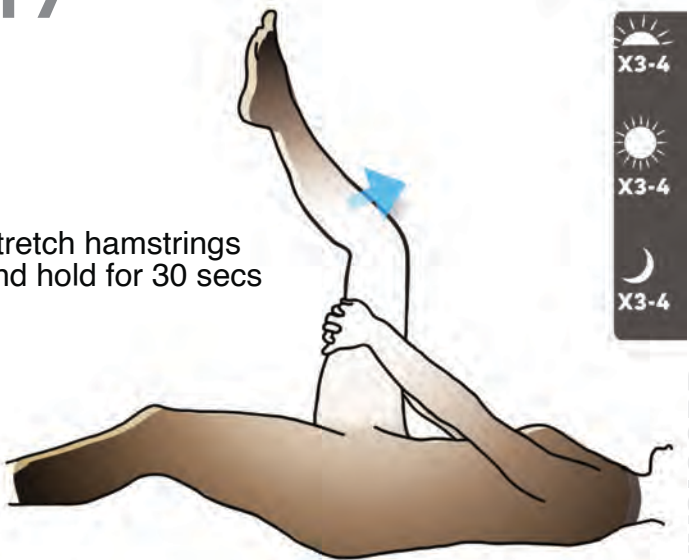


X4
 X4
 X4

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17

Stretch hamstrings and hold for 30 secs



PHYSIOCBR

L/T

17

18

PRICE: Rest from any painful movements and apply a cold compress to the lumbar region for 10-15 mins



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18

19

Use heat e.g. hot water bottle to lumbar area to help relax muscles and assist pain relief. Ensure heat is not applied directly to skin and area is checked regularly



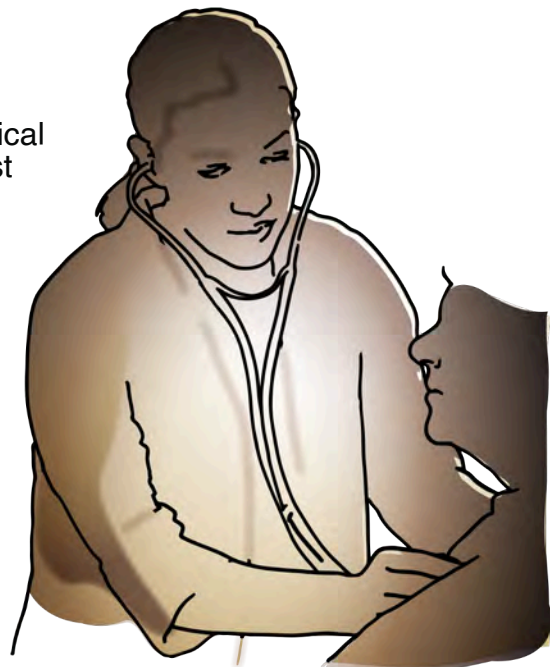
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L/T

19

20

seek medical help in first instance.



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