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Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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Or

hwypphysicaltherapy.medbridgego.com

Access Code: **EMP8GEZH**

Two Ways to Access



Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



Open in your browser

To access your home exercise programs.

By Accessing Online You Can

View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Standing Lumbar Extension

REPS: 10 WEEKLY: 7	SETS: 1	HOLD: 5	DAILY: 3
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Setup

Begin in a standing upright position with your hands resting on your hips.

Movement

Slowly arch your trunk backwards and hold.

Tip

Make sure to maintain your balance during the exercise and do not bend your knees.

Standing Back Extension

REPS: 10	SETS: 1	DAILY: 3	WEEKLY: 7
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Setup

Begin in a standing upright position with your feet in stride stance with your hands on your low back.

Movement

Press your hips forward and bend backwards.

Tip

Make sure to keep your knees straight during the stretch.

Prone Press Up on Elbows

REPS: 10	SETS: 1	HOLD: 5	DAILY: 3
WEEKLY: 7			



Setup

Begin lying on your stomach, resting on your elbows low to the ground.

Movement

Push up on your elbows, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Prone Press Up

REPS: 10	SETS: 1	HOLD: 5	DAILY: 3
WEEKLY: 7			



Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Prone Hip Extension

REPS: 10	SETS: 1	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin by lying on your stomach with both legs stretched straight behind you.

Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

Tip

Make sure to keep your knee straight and trunk steady during the exercise.

Prone Hip Extension with Bent Knee

REPS: 10	SETS: 1	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Begin lying face down with one of your knees bent at 90 degrees.

Movement

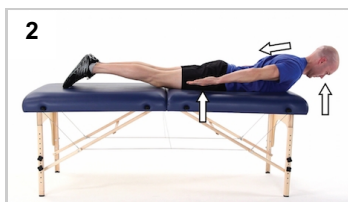
Slowly lift your leg toward the ceiling, raising your hip off the ground but keeping your knee bent.

Tip

Make sure to not let your low back arch or bend to the side during the exercise.

Superman on Table

REPS: 10	SETS: 1	HOLD: 5	DAILY: 1
WEEKLY: 7			



Setup

Lie face down on a bed or comfortable surface with your head slightly hanging over the edge, and arms at your sides.

Movement

With your chin tucked, lift your head away from the floor until your back is straight. At the same time, draw your shoulder blades down and towards the middle of your back and raise your arms a few inches off the surface of the bed.

Tip

Make sure to keep your chin tucked and do not turn or rotate your head.

Understanding Your Condition

Low Back Pain

LOW BACK PAIN is a common condition that can make everyday activities painful and difficult. During your recovery, it is important to stay active and try to do as much of your normal routine as possible. This will help your back heal.

Low Back Pain By the Numbers



80% of adults experience low back pain at some point in their lifetime¹



Over time, 90% of people with acute low back pain fully recover²



Low back pain accounts for up to 40% of all missed workdays¹

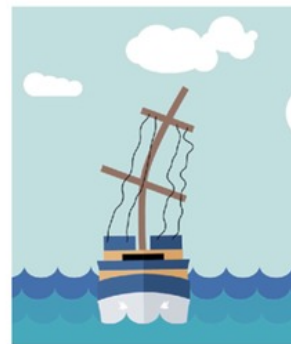


More than 90% of back pain is not caused by a serious condition²

How Does the Spine Work?

Your spine, made up of bones called vertebrae, is like a **mast on a ship**. The muscles that attach to the spine are the ropes that support the mast and prevent it from curving and becoming unstable.

If the supporting muscles are weak or imbalanced, the spine experiences a lot of stress. By strengthening these muscles, you can take pressure off of your spine and reduce your back pain.



IMBALANCED MUSCLES



SUPPORTING MUSCLES

What Does Low Back Pain Feel Like?

Low back pain can be felt directly in the low back or spreading down to your buttocks, hips, or legs. Other symptoms vary greatly from person to person. Pain may come on slowly or suddenly, and feel sharp or dull. You may also feel stiffness or muscle spasms. Some people find that changing positions, reclining, or lying down helps relieve their symptoms.

What Causes Low Back Pain?

While there are many causes of low back pain, most people have “non-specific low back pain.” This means that there is not a specific disease or abnormality causing the pain. Common causes of low back pain include trauma, lack of physical activity, poor health, and poor or repetitive postures and movements. However, sometimes there is not a direct cause of low back pain.³

You may have a higher chance of developing low back pain if you smoke, are overweight or obese, do physically strenuous work, have a job where you sit down most of the time, have a stressful or dissatisfying job, or if you experience anxiety or depression.

What Can I Do?



EXERCISE

It is important to stay active and continue as much of your regular activity as possible during your recovery. Low-impact exercises like walking, stretching, yoga, and swimming are common activities that will help you recover from low back pain.



ICING

Place a cold pack on your back for 10-15 minutes every 2 to 3 hours to help ease the pain. Be sure to place a thin cloth layer between the cold pack and your skin.



POSTURE

Practice good posture in the office, during rest, and in your day-to-day activities. Having healthy posture will lessen the strain on your muscles, tendons, and ligaments.

When to Contact Your Healthcare Provider

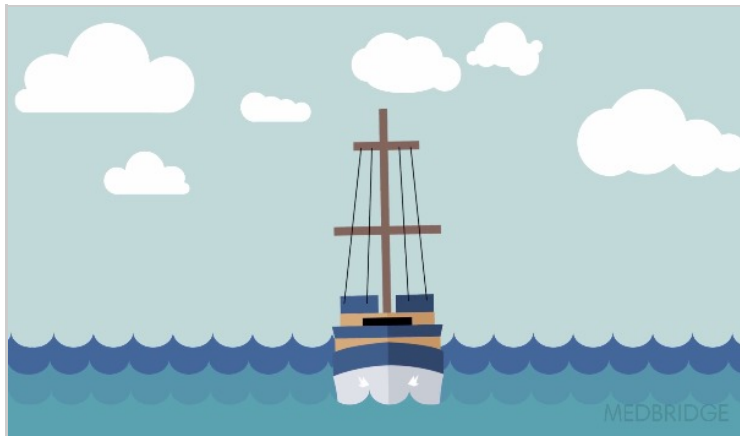
Seek medical attention if you experience any of the following:

- Your back pain is a result of a fall or an accident
- You are 70 years or older with a new onset of back pain
- Pain that does not go away, even at night or when lying down
- Weakness in one or both legs
- Problems with bladder, bowel, or sexual function
- Unexplained fever or rapid weight loss when not trying to lose weight
- If you have a history of cancer, a weakened immune system, or osteoporosis
- Your back pain does not improve within 4 weeks

References:

1. Deyo RA, Mirza SK, Martin BI. Back pain prevalence and visit rates: estimates from US national surveys, 2002. *Spine*. 2006;31:2724-7.
2. Ngyuen TH and Randolph DC. Nonspecific Low Back Pain and Return to Work. *Am Fam Physician*. 2007; 15:76(10):1497-1502.
3. Patel, AT and Abna, OA. Diagnosis and Management of Acute Low Back Pain. *Am Fam Physician*. 2000;15;61(6):1779-1786.

Low Back Pain



Your spine is like a mast on a ship.



Low impact exercise relieves low back pain.

Low back pain is an extremely common condition &ndash about 80% of adults experience it at some point in their lifetime. Fortunately, most back pain will go away in four to six weeks on its own with good self-care.

Your spine is like a mast on a ship. The muscles that attach to the spine are the ropes that support the mast and prevent it from curving and becoming unstable. If the supporting muscles are weak or imbalanced, the spine experiences a lot of stress. By strengthening these muscles, you can take pressure off of your spine and reduce your back pain.

The most effective way to relieve and prevent your back pain is to stay active! By stretching, swimming, walking, and participating in other low-impact exercises, you are helping to keep the muscles that support your spine flexible and strong.

The majority of back pain is not caused by a serious underlying condition, and imaging tests such as MRIs and x-rays are rarely necessary. While serious cases are rare, you should contact your healthcare provider immediately if you experience persistent and unusual symptoms like unexpected weight loss, fever, back pain lasting longer than 4 weeks, or sudden changes in bowel and bladder function. Your healthcare provider will help you decide your best course of treatment.

Remember, low back pain can be resolved with daily physical activity and a positive outlook. The sooner you start moving, the sooner you'll feel better!

Ice



Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it.



Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.

Icing, also called cryotherapy, is the use of cold to help ease an injury or other condition. Icing can be helpful for a variety of conditions, including new or long term pain, a new onset of swelling or bruising, and muscle spasms.

It is important to know when to not use ice. Talk to your healthcare provider before icing, especially if you have poor blood flow, peripheral vascular disease, are hypersensitive to cold, or if you have numb areas, infections, open wounds, or other skin conditions.

Using a gel ice pack or an unopened bag of frozen vegetables, such as peas, is a convenient way to ice at home. Wrap the ice pack in a pillowcase if it does not already have a layer of cloth or fabric over it. This protects your skin and keeps the ice pack clean. Your healthcare provider may give you specific instructions on how to position your body when using ice, how to keep the ice on, and how many times a day you should use ice.

During the first few minutes of icing, you may feel an uncomfortable feeling of cold, followed by a stinging or burning sensation. You may then experience an aching sensation, followed by a feeling of numbness. Once the area is numb, you may remove the ice, as there is no added benefit to keeping it on any longer.

Be sure to occasionally check the skin beneath the ice pack for irritation, and remove the ice if irritation occurs.

In general, using an ice pack for 10 to 20 minutes is enough to cool the tissues and decrease pain. Avoid using ice longer than 20 minutes, as this may cause damage to the skin or nerves. If you have any questions about using ice, please contact your healthcare provider.

Heat



Wrap the heating pad in a towel to protect your skin.



Occasionally check your skin beneath the heat source for irritation.

Heat, sometimes called thermotherapy, can be used to help relax muscles and ease stiffness from an older injury or other condition. Heating can be helpful for a variety of conditions, including neck and low back pain, arthritis, tendinosis, or for general joint soreness or muscle stiffness.

Never apply heat to a fresh injury, as this can cause more harm and delay healing.

You can apply heat using a heating pad, heat wrap, hot water bottle, or through a warm bath or shower. No matter which method you choose, the temperature should be “warm” rather than “hot.” Temperatures that are too high can burn your skin and do not help decrease discomfort.

When using a heating pad or hot water bottle, be sure to wrap it in a towel to protect your skin. Your healthcare provider may give you specific instructions on how to position your body when using heat, how to keep the heat on, and how many times a day you should use heat.

Be sure to occasionally check the skin beneath the heat source for irritation, and remove the heat if irritation occurs.

The length of time you should use heat depends on your injury or condition. You may experience relief after 15 or 20 minutes, or you may need to keep the heat on for longer to feel relief.

If you have any questions about using heat, please contact your healthcare provider.