

BROWER CHIROPRACTIC CENTER

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www.backhealthforyou.com

Date: _____ / _____ / 2008

Patient Name: _____

Home Care for the Lower Back, Hip and Leg(s)

Basic care and recommendations:

- Do not sit if it bothers you. Lie down and rest when you feel your spine or legs tiring. BE CAREFUL – you are much more susceptible to re-injury when you are tired. Avoid standing in a constant posture (without moving) for more than a 10-15 minutes.
- Always use proper body mechanics at home and work (Follow the attached DO's and DON'T'S)
- Discuss your type of work with me. Certain movements may prevent or slow down recovery. Use a Posture Back Support in the car and/or at work if needed or recommended.
- Be aware when using pain relieving medications, you may overdo or perform activities that may aggravate your condition. Pain is the body's way of telling you when to stop or not do something and the medication can mask those signals.
- Do the recommended exercises when they are prescribed, but discontinue any one causing pain and notify me.
- Vigorous coughing and sneezing can easily aggravate low back and/or leg pain.
- Your pain may be lessened by: Mental concentration on work or other activities, sleep and emotional control. Increase your water intake to 4-5, 8oz glasses per day for proper muscle hydration.
- Your pain may feel worse with: Anxiety, uncertainty and fear. (If you strive to understand and follow your treatment plan and instructions, these emotions will be minimized); Ingestion of alcohol and/or caffeine (tea, coffee, or soda); Changes in the weather, especially cold or high humidity; Hormonal changes such as stressful situations or menstrual cycle.
- If you are unsure or have any questions regarding any of these instructions, please make sure you talk to me prior to following any of them.
- If your conditions change or you are at all concerned about it, call the office immediately. The number for urgent care after office hours is (919) 848-3238.

PLEASE FOLLOW ONLY THE CHECKED INSTRUCTIONS BELOW

_____ Use an ice pack on the low back and painful area(s) for **20 minutes every 2-3 hours**.

_____ Use an ice pack on the low back and painful area(s) for **20 minutes 1-2 times per day**.

IMPORTANT WARNING: Apply ice *NO LONGER* than 20 minutes due to risk of frostbite.

_____ Use moist heat for **20 minutes, 2-3 times per day**. If you feel stiff after using heat, follow with ice treatment for 20 minutes (see above ice warning). Do not use a heat pad over night or during naps to reduce the risk of skin burns.

_____ Massage Biofreeze into the muscles of the low back or painful area(s) up to 4 times per day. Apply only **AFTER** heat or ice application. Manufacture warns to apply no more than 4 times per day.

_____ Limit continuous sitting to 15-20 minutes at any one time. Alternate between standing and lying down