

Patient referrals to date: **4,250**Average wait time: **11 days**Patients needing Imaging/Specialist: **319**

## Inter-professional Spine Assessment and Education Clinics

### Helpful Tips and Video Resources for Your Low Back Pain Patients



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#### 1. Positions and Activities to Help Manage Your Patients' Low Back Pain

- **If your patients have low back pain with sitting, bending and lifting**
  - a. Recommend that they stand up or walk around every 15 minutes to help manage their symptoms.
  - b. Encourage your patients to choose seats with good lower back support, arm rests and a swivel base.
  - c. For prolonged periods of sitting ask your patients to consider placing a rolled towel or a lumbar roll in the small of their backs to maintain the normal curve.
  - d. Recommend that your patients keep their knees and hips level (90 degrees)
- **If your patients have low back pain with standing or walking**
  - a. Encourage your patients to sit down, round their backs or perform pelvic tilts as needed to help alleviate their symptoms. Additionally, discourage the wearing of high heels.

#### 2. Encourage Your Patients to Exercise Regularly – Get Them Active! This will help your patients feel and function better.

- **If your patients' low back hurts with sitting, bending and lifting**
  - a. Encourage them to participate in regular low-impact aerobic activities such as walking (flat surface), swimming and tai chi. These types of activities can increase their overall cardiovascular fitness while strengthening and increasing muscular endurance.
- **If your patients' low back hurts with standing and walking**
  - b. Encourage them to participate in regular low-impact aerobic activities such as cycling, aqua-fit and tai chi. These types of activities can increase their overall cardiovascular fitness while strengthening and increasing muscular endurance.
- **Regardless of what positions make your patients' low back hurt**, neutral core-strengthening and endurance exercises (abdominal and back exercises) such as **planks, side planks, and bird dog exercises** (when done with proper form) can help specifically condition your patients' core muscles to work synergistically to decrease pain and improve function.

#### 3. Discourage your Patients from Lifting Heavy or Awkward Objects

- **However, if they cannot avoid heavy lifting**
  - a. Emphasize to them the importance of letting their legs do the work.
  - b. Encourage them to hold the weight close to their bodies
  - c. Remind them to avoid lifting and twisting simultaneously.
  - d. Encourage them to ask for help if the object is heavy or awkward.

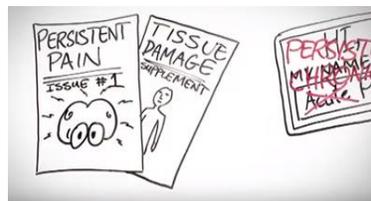
#### 4. Encourage Them to Quit Smoking!

- Smoking can slow down and interfere with the healing of bones, skin and other body tissues. As a result, recovery from a back injury can be slower or less complete.

#### 5. Encourage Them to Watch the Following Educational Videos to Better Understand Low Back Pain and Pain in General



Dr. Mike Evans  
Low Back Pain



GP Access and Hunter Integrated Pain Service  
Understanding Pain in < 5 minutes

### Did you know?

ISAEC is making improvements to its clinic forms to help improve the patient experience