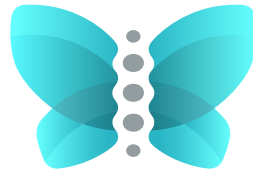




the **SUMMIT**
Together for Exceptional Health Care



inspired
spine health

1818 E 23rd Hutchinson, KS 67502 www.summitks.com

Phone: (620) 209-5101

LUMBAR/SACROILIAC/LOWER THORACIC-NON-OPERATIVE

GENERAL EDUCATION

- **Avoid excessive bending, lifting, or twisting** - (PT will define for individual)
- Ensure proper brace fitting in order to decrease strain during bending, lifting, twisting tasks
- Wear brace during painful activities or during tasks with high frequency vibrations (I.e. driving/riding in vehicle)
- Do NOT complete the same activity for 2 hours
- Make frequent changes to position (avoid sitting >30 minutes)
- Takes breaks during activity as needed
- Proper positioning in seated and lying
- Pillow between knees in side lying
- ****Education on anatomy, tissue healing, nervous system, and pain ****(consider cross referral to TPS)

TRANSITION TRAINING

- Safe Bed Mobility
- Log Roll Technique
- Toilet Transferring
- Safe Vehicle Transferring

AMBULATION

- Proper fitting of assistive device (if applicable)
- Gait training to restore proper gait mechanics
- Education on safe ambulation on stairs

ACTIVITIES OF DAILY LIVING (ADL's)

- Identify necessary assistive devices for each patient
 - Shower chairs, grab bars, reacher, slip-on shoes, etc
 - Provide safe alternatives/mechanics for completion of ADL's
- Completing task specific activities to improve ease of functional activities
 - Proper and safe bending/lifting mechanics
 - Return to work/home specific tasks
- Education and training for safe driving
 - Positioning during this activity
 - Wear brace during this task (if applicable)
 - Ensure proper and safe use of lower extremities during this task
- *****Consider Graded Exposure/Graded Activity*****
 - Make small changes, observe symptoms for 3 days, then readjust level of activity

INTERVENTIONS TO ADDRESS

Range of Motion

- AROM, PROM of lumbar and hips in restricted planes

Strength

- Core, lumbar (i.e. paraspinals, multifidus), hip (i.e. gluteal complex), and lower extremity stabilization and strengthening exercise

Increased Muscle Tone

- Soft tissue mobilization
- Static and dynamic lengthening of shortened tissues

Impaired Posture

- Education on proper positioning (at home and work)
- Postural training and strengthening

Improving Activity Tolerance

- Progress to 30 minutes of aerobic activity each day (walking, aquatics, recumbent bike)

Balance Impairment/Fall Precaution

- Education and interventions to decrease falls risk

Home Exercise Programs will be determined by individuals need/tolerance to activity and are to be completed 2-3x/day to ensure progression towards patient and therapy goals

INJURY PREVENTION

- Education on reducing risk for future re-injury
- No repeat offenders! 😊