

Symptoms

- ✓ Pain is mainly in the legs but back pain may be present.
- ✓ Pain is constant.
- ✓ Pain is often worse when sitting or bending, but in the acute stage can be made worse by any movement.
- ✓ Pain may be lessened in some rest positions.
- ✓ The best position is the one that most reduces the leg pain.
- ✓ There is no place for exercise or repeated movements.

Positions and Exercises

The best treatment is to schedule rest periods throughout the day. Lie down for _____ minutes each hour. Find the rest position that best reduces leg pain. Long-term bed rest is not recommended and can hinder recovery. Your health care provider may prescribe other medical therapies to decrease pain and will check the boxes next to the positions recommended for your condition.



"Z" Lie:

- Lie with back flat on floor, head supported by a pillow.
- Put feet on a chair with knees bent at more than a 90 degree angle. (May support buttocks with a pillow.)

Rest for ___ minutes every ___ hour(s).



Prone Lie:

- Lie on stomach. Use three pillows to support hips. (May support hips and head with pillows.)

Rest for ___ minutes every ___ hour(s).



Prone Lie on Elbows:

- Lie face down on floor or bed.
- Bend elbows and relax.

Rest for _____ minutes every ___ hour(s).



Rest on Hands and Knees:

- Kneel on hands and knees on floor or bed.

Rest for _____ minutes every ___ hour(s).



☐ Lumbar Night Roll:

- Wrap a night roll securely around waist when sleeping to support spine.



☐ Lumbar Support When Sitting:

- Use a straight backed chair and __ inch (__ cm) lumbar roll to support curve of back.

Please see **General Recommendations for Maintaining a Healthy Back: Patient Information** for more information about back care. Your health care provider may recommend stretches and exercises to strengthen your back and core muscles.



Comments
