**Pattern #4 - Patient Education**

**Symptoms**

- Pain is worst in legs and can be described as heaviness or aching.
- Pain is intermittent and is made worse by activity (often walking).
- Pain is relieved by a change in position, usually by bending forward.

**Positions and Exercises**

Pain should be relieved quickly with proper rest and flexion. When pain occurs in your legs, sit in a chair and lean forward until it subsides (see Sitting Flexion). Your health care provider will check the boxes next to the positions and exercises recommended for your condition.

- **Single Leg Abdominal Press:**
  - Lie on back with knees bent.
  - Keep back in a neutral position and tighten abdominal muscles.
  - Lift one leg so knee and hip are at a 90 degree angle.
  - Press one hand against the knee while pulling it towards the hand. Keep elbow straight.
  
  Hold for ____ seconds. Return to start position and repeat with opposite leg.
  Do ___ repetitions.

- **Pelvic Tilt**
  - Lie on back, knees bent, arms on chest or at sides.
  - Place feet flat on floor, hip-width apart, with knees slightly closer together than feet.
  - Tighten abdominal muscles.
  - Press small of back against floor, causing front of pelvis to tilt forward.
  
  Hold for ____ seconds and then relax.
  Do ____ repetitions.

- **Sitting Flexion:**
  - Sit with feet flat on the floor, about hip-width apart.
  - Lean forward to rest stomach on lap. Allow arms and head to hang near feet.
  
  Hold for _____ seconds.
  Do _____ repetitions.
**Pattern #4 - Patient Education**

**Cat and Camel:**
- Kneel on hands and knees.
- Arch back, letting head drop slightly.
- Keep abdomen and buttock muscles tightened.

  **Hold for ____ seconds.**

- Let back sag towards floor while keeping arms straight and weight evenly distributed between legs and arms.

  **Hold for ____ seconds. Do ____ repetitions.**

**Partial Sit Up or Crunch:**
- Lie on back with knees bent, feet flat on floor and arms crossed over chest.
- Using lower stomach muscles, raise head and shoulders slightly until shoulder blades are just off floor. (You may not be able to get up this far at first.)

  **Hold for ____ seconds. Relax. Do ____ repetitions.**

**Other Care Information**

The most effective treatment of your condition is a long-term regular exercise program, focused on increasing strength in your core muscles. Your health care provider may recommend exercises and stretches.

Please see General Recommendations for Maintaining a Healthy Back: Patient Information.

**Comments**

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