

HOW TO SAFELY RESUME YOUR NORMAL ACTIVITIES OF DAILY LIVING

01

BEGIN WITH GENTLE STRETCHING.



Gentle stretching can reduce pain and muscle spasm. It is important to follow instructions from your healthcare provider to avoid injury. Your doctor or therapist may recommend using heat in the form of a compress or warm shower to loosen up your muscles before you stretch. Stretching can help you move better and improve your posture.

02

GRADUATED EXPOSURE WITH BREAKS

Since your back started to hurt, you may have stopped doing some things. It is important that you return to your activities quickly, but also safely. If the action causes pain, take a break and try a different activity instead. You can rest or lay down for a few minutes, but do not stay in bed. Movement helps! Pace yourself, stop when your pain is worsening, and try to increase your activity daily. If you are planning to start a new activity, consult your provider first.



03

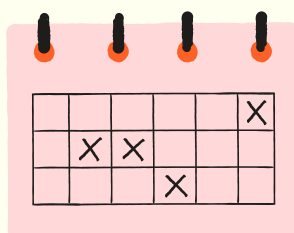
WITHIN 1-3 DAYS TRY TO RESUME YOUR REGULAR ACTIVITIES



As your pain starts to reduce, try to do as much for yourself as possible. Gradually increase your activities in the home and in your social life until you are back to a normal routine. Most people who miss some work are back to work within 1-2 days. If your doctor recommends less strenuous activities than you normally do, talk to your boss or your human resources department.

04

SET MEASURABLE GOALS AND RESTORE SELF-CONFIDENCE



Set goals for yourself, and plans to achieve them. Check on yourself - if you aren't improving - don't stress! Readjust your goals and keep moving! Use relaxation techniques such as deep breathing, mediation or reassuring self-talk to reduce stress or fearful thoughts. Build up to your exercise routine for additional strength and stability ***under the guidance of your doctor or therapist.*** If you get stuck, they can help get you back on track!