



### Limit bed rest and stay active

- Continue activities as tolerated to improve function
- Walk to reduce discomfort
- Exercise should never be painful

### Avoid aggravating activities

- Limit strenuous tasks like heavy lifting or carrying
- Avoid excessive forward and backward bending at the waist

### Maintain good posture

- Poor posture places stress on the spine and soft tissues
- Maintain a neutral spine (a straight line from ears to shoulder to hips)

### Avoid back braces

- Unless prescribed, avoid braces which provides a false sense of security
- Use proper lifting techniques

### Quit smoking

- Smoking reduces blood flow to soft tissue and delays healing process

### Ice and heat (10-20 minutes)

- Ice within the first 48 hours
- Heat after 48 hours or as tolerated

## Improve Flexibility

- Decreases muscle tension
- Improves muscle imbalances
- As tolerated, try these stretches for 20-30 seconds

### Hamstring

Straighten leg with toes pulled up. Keep back straight, gently lean forward, hinging at hip, feeling for stretch in back of thigh.



### Hip

While seated, bring one ankle across opposite knee. Use arms to pull knee towards opposite shoulder, feeling for stretch in glute.



### Hip Flexor

Step into lunge position. Drive front knee forward, maintain upright posture, feeling for stretch in front of back hip.



## Improve Strength

- When tolerated, try these exercises to improve back and core stability

### Glute Bridge

Lie on back with knees bent and feet flat on floor. Lift hips off the floor, tightening glutes and core. Start gradual with small lifts. As tolerated, raise to position shown. Hold 10-30 seconds.



### Quadruped

On hands and knees, lift one arm or one leg straight out in front/back. When tolerated, advance to raise one arm and opposite leg (as shown). Return to base and repeat 10-15 times on each side.



**If discomfort does not improve or worsens, contact your health care provider.**