



ComfyMed[®] has your Back Covered

Introduction

Congratulations on purchasing a ComfyMed[®] Back Care Product. You probably enjoy the relief it provides but remember that your back is best supported by its own muscles. The purpose of every Back Brace is to reduce the pain just enough so that you become more active which then strengthens your own muscles and helps you towards the ultimate goal of not needing the Back Brace anymore. Our Expert Team at ComfyMed[®] have assembled short guideline to help you achieve your goal.

Always follow your Doctors Instructions

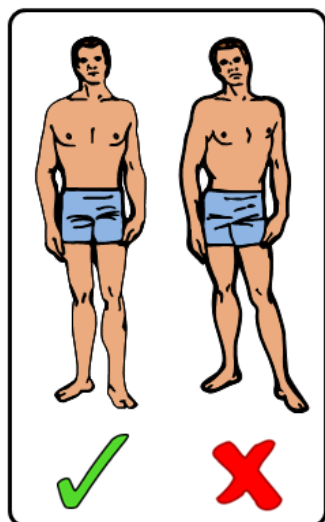
The Internet is full of helpful Hints, some good ones and some bad ones. Some of the good ones may be bad for you as they do not apply to your condition. It is imperative that you follow your doctor's instructions, particularly if your doctor has prescribed you exercises different from the ones recommended here. If any of the exercises cause you pain or discomfort stop immediately and check with your doctor.

Preparation for Exercises

If your muscles are tight, take a warm shower or tub bath before performing your back exercises. This should diminish as your muscles become stronger. Exercise on a rug or mat and put a small pillow under your neck to prevent any impact on your joints. Wear loose clothing and no shoes. Initially you can do the Exercises wearing your ComfyMed[®] Back Brace but ultimately you should be able to do them without it.

If your condition improves then gradually increase the frequency of the exercises but stop when fatigued.

Helpful Hints for a Healthy Back



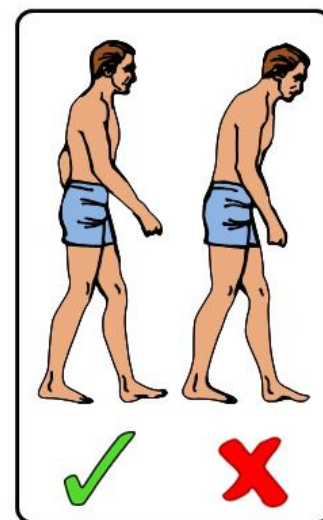
Standing & Walking

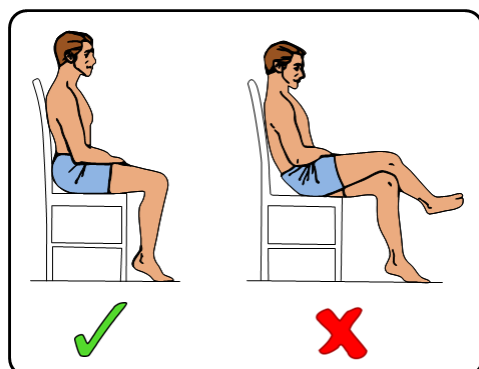
Try to toe straight ahead when walking; put most of your weight on your heels; hold your chest forward and elevate the front of the pelvis as if walking up an incline.

Avoid wearing high heels.

Stand as if you were trying to touch the ceiling with the top of your head, eyes straight ahead.

All the elements of good posture will flow from these simple manoeuvres.





Sitting

Sit in a hard-back chair with spine pushed back; try to eliminate the hollow in the lower back.

If possible, elevate the knees higher than hips while sitting in an automobile.

Secretaries should adjust posture chairs accordingly.

Sit all the way back in the chair with your back erect.

Lifting

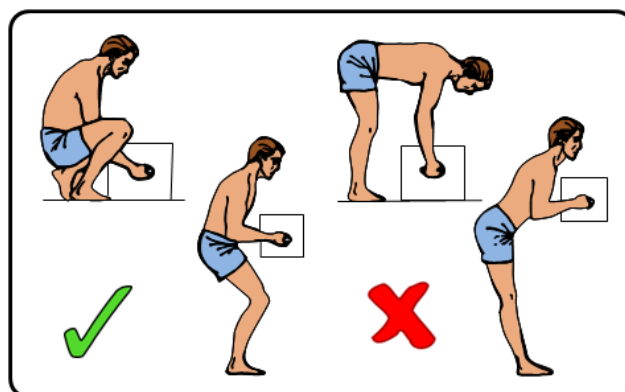
Bend your knees; squat and lift with your thigh muscles, not your back.

Never bend over with your knees straight and lift with the upper torso.

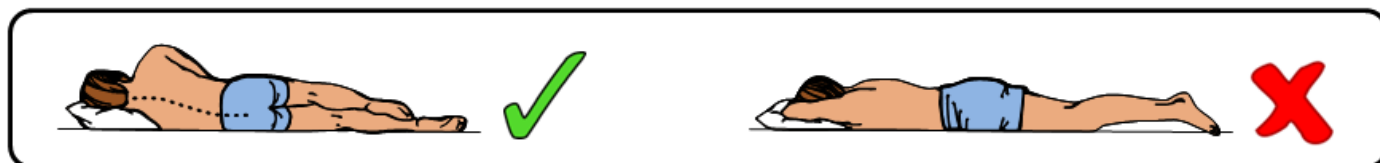
Move slowly and avoid sudden movements.

Try to avoid lifting loads in front of you above the waist line.

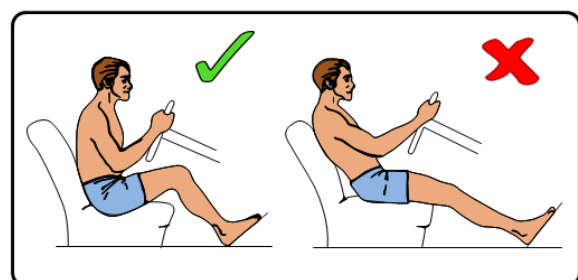
Avoid bending over to lift heavy objects from car trunks, as these places a strain on low back muscles.



Sleeping



Sleep on a firm mattress; a 3/4 inch (20mm) plywood bed board is helpful and should be used with all but a very firm orthopaedic mattress. With acute back pain, sleep with a pillow or blanket rolled under the knees and a pillow under the head. Keep your knees and hips bent when sleeping on your side.



Driving

Use a firm seat with a padded plywood or special seat support. Sit close to the wheel with knees bent.

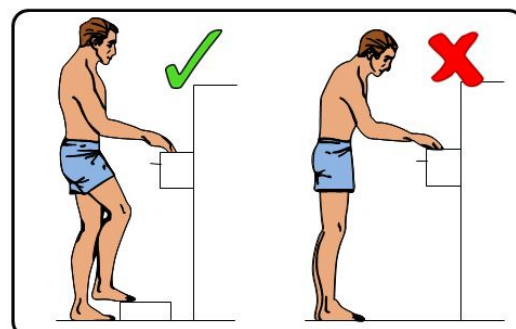
On long trips, stop every one or two hours and walk to relieve tension and relax muscles.

Working

Try to avoid fatigue caused by work requiring long standing.

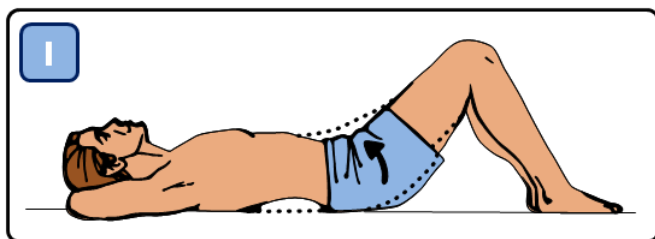
Flex hips and knees by occasionally placing a foot on a stool or bench.

Take exercise breaks from desk work by getting up, moving around and performing a few back exercises in the standing position.





Recommended Back Exercises



forward and flatten your back against the floor. Hold for five seconds. Relax.

2.

Lie on your back with knees bent.

Feet flat on the floor.

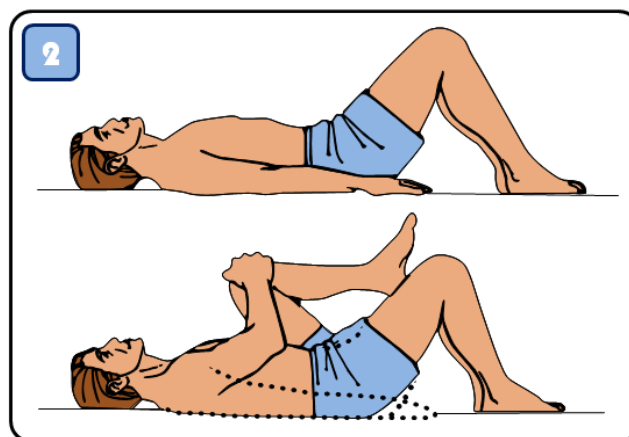
Take a deep breath and relax.

Grasp one knee with both hands and pull as close to your chest as possible.

Return to starting position.

Straighten leg.

Repeat with alternate leg.

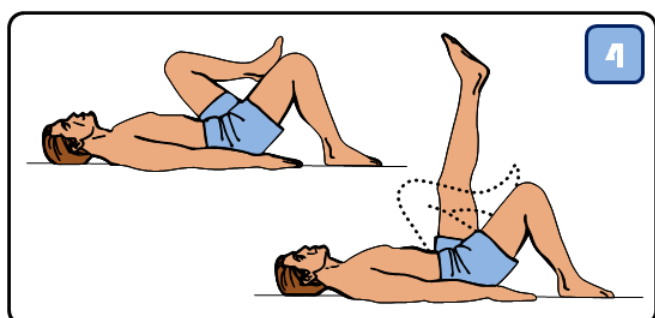
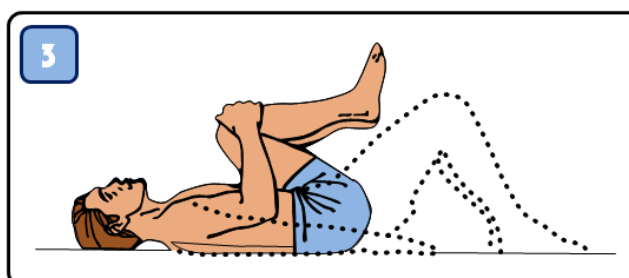


3.

Lie on your back with knees bent. Feet flat on the floor.

Take a deep breath and relax. Grasp both knees and pull them as close to your chest as possible. Hold for three seconds, and then return to starting position.

Straighten legs and relax.



4.

Lie on your back with knees bent.

Feet flat on the floor.

Take a deep breath and relax.

Draw one knee to chest.

Then point leg upward as far as possible.

Return to starting position.

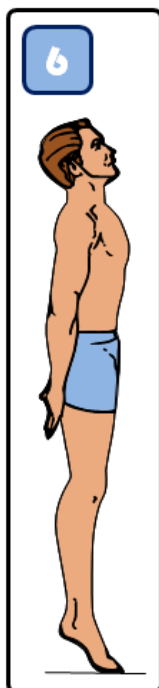
Relax. Repeat with alternate leg.

NOTE: This exercise is useful in stretching tight hamstring muscles, but is **not recommended** for patients with **sciatic pain** associated with a **herniated disc**.

5.

Lie on your stomach with hands clasped behind your back. Pull shoulders back and down by pushing hands downwards towards feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.





6.

Stand erect. With one hand grasp the thumb of other hand behind back, then pull downwards toward the floor; stand on toes and look at the ceiling while exerting the downward pull.

Hold momentarily then relax.

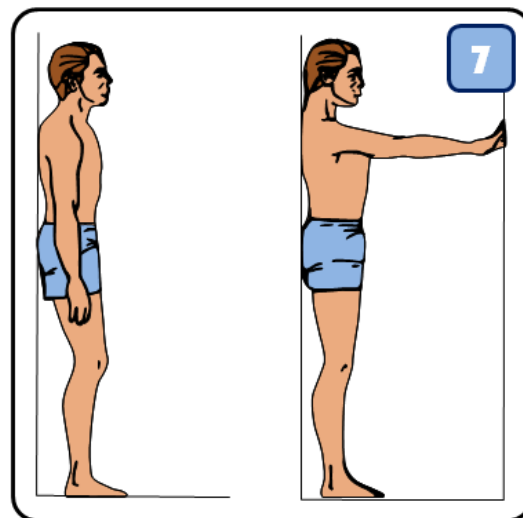
Repeat 10 times at intervals of two hours during the working day.

Take an exercise break instead of a coffee break!

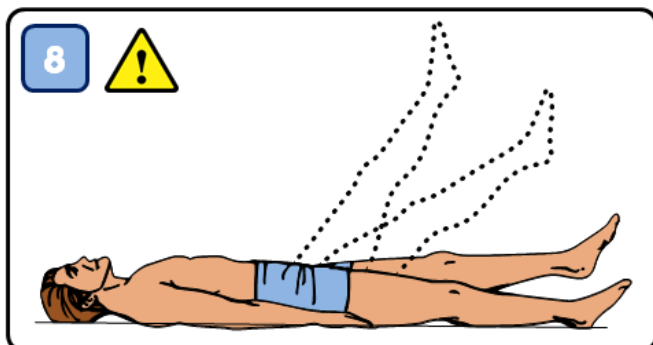
7.

Stand with your back against door-way. Place heels four inches away from frame. Take a deep breath and relax.

Press the small of your back against doorway. Tighten your stomach and buttock muscles, allowing your knees to bend slightly. This should cause the lower end of the pelvis to rotate forward (as in Exercise 1). Press your neck up against doorway. Press both hands against opposite side of doorway and straighten both knees. Hold for two seconds. Relax.

**Caution:**

The following exercises (8, 9 and 10) should not be started until you are free of pain and the other exercises have been done for several weeks.



8.

Lie on your back with your legs straight out, knees unbent and arms at your sides.

Take a deep breath and relax. Raise legs one at a time as high as is comfortable and lower to floor as slowly as possible. Repeat five times for each leg.

9.

May be done holding onto a chair or table. After squatting, flex head forward, bounce up and down two or three times, then assume erect position.



10.

Lie on your back with knees bent.

Feet flat on floor.

Take a deep breath and relax.

Pull up to a sitting position keeping knees bent.

Return to starting position. Relax.

Having someone hold your feet down facilitates this exercise.

