

HACK YOUR BACK



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Hello, I'm Matt Wanderscheid, a doctor of physical therapy who specializes in low back pain. I put this quiz together for anyone experiencing back pain.

Every case of back pain is a little different, so if you would like to talk to a specialist about your situation, request a **free, 30-minute exam** by visiting www.21stCenturyRehab.com/free-exams.

One of our specialists will look at what you have going on, talk about potential causes of the problem, and guide you on the next right steps.

How Severe is your Back Pain? Take the Quiz!

When is your back pain brought on?

1. I only have symptoms during strenuous activities.
2. My pain increases when I am standing or walking.
3. My pain is present regardless of my activity.

Do you have pain or numbness in one or both legs?

1. No, my pain is localized in 1 location in my back.
2. My symptoms radiate into my leg(s) during activity, but reduce afterward.
3. I feel weakness/numbness in one or both of my legs. My symptoms extend into my feet.

How would you describe your pain?

1. It is consistently less than a 5/10.
2. It increases to a 5/10+ when I stand or walk.
3. Pain is consistently greater than 5/10.

My pain is...

1. relieved with rest.
2. reduced with ice/heat, but returns during activity.
3. nearly constant. I have very limited relief.

Add up the numbers corresponding with each of your answers.

1. Score of **4-6** indicates mild back pain.
2. Score of **7-9** indicates moderate back pain.
3. Score of **10-12** indicates severe back pain.

Find a Specialist Near You!

We have 13 convenient locations throughout Iowa! Click the link or visit our locations page at 21stCenturyRehab.com to get in touch with us.

- Altoona
- Boone
- Carlisle
- Corydon
- Hampton
- Indianola
- Jefferson
- Knoxville
- Madrid
- Nevada
- Osceola
- Perry
- Webster City

Get in Touch >

TOP EXERCISES FOR BACK PAIN



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These are some exercises we commonly suggest to help with back pain depending on the cause of the problem. However, these movements are not appropriate for every case of back pain.

If you are unsure or if your pain worsens, consult with one of our specialists for further direction. We have successfully treated hundreds of people with back pain and want to help you!

You can receive a **free, 30-minute exam** by visiting www.21stcenturyrehab.com/free-exams.

Does your pain increase or decrease when reaching? Gently reach forward toward your knees 10 times.

If bending made your back feel better, try these exercises:

Modified Quad Rock



Lean on forearms over a table or counter. Relax shoulders and upper back. Rock back through hips while keeping arms and legs still. Push through forearms to go backwards.

Single Knee to Chest Stretch



Ly on your back with your legs bent and feet on the ground.



Holding one thigh, slowly pull your knee toward your chest until you feel a gentle stretch in your lower back. Keep your back relaxed throughout the stretch.

TOP EXERCISES FOR BACK PAIN



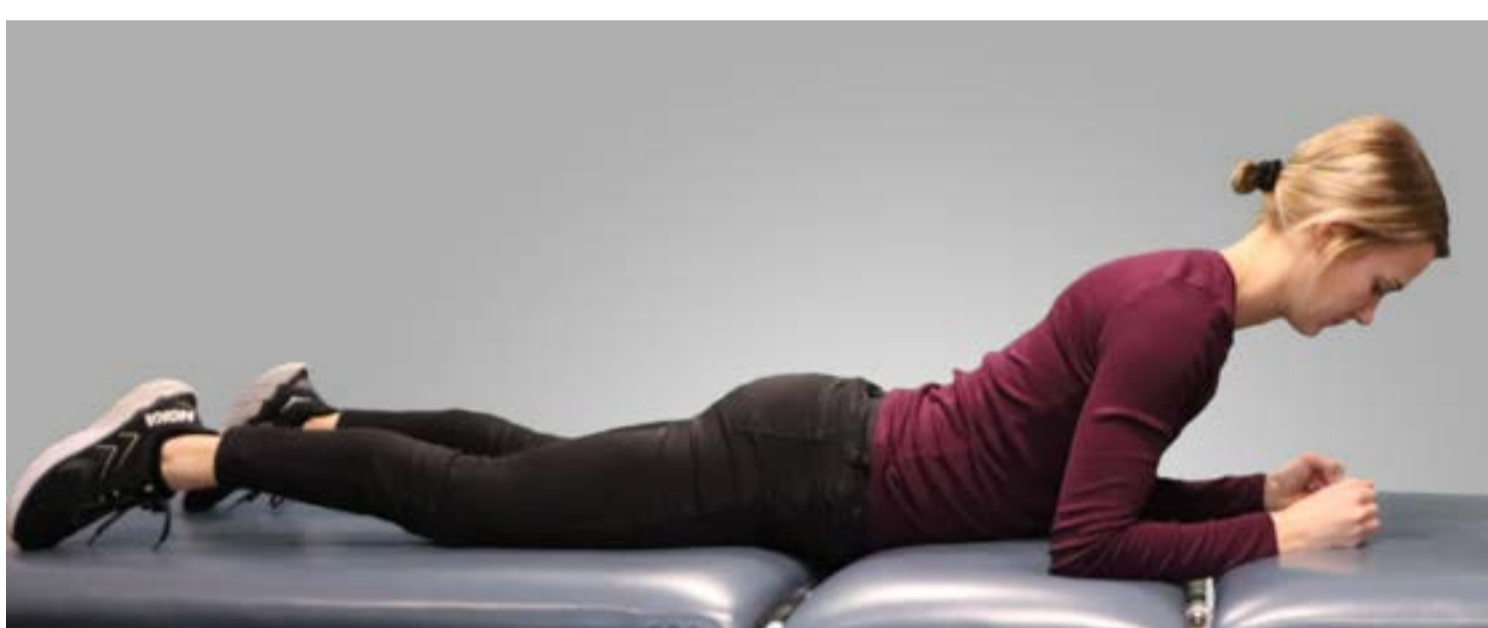
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If bending made your back feel worse, try these exercises:

Prone Press on Elbows

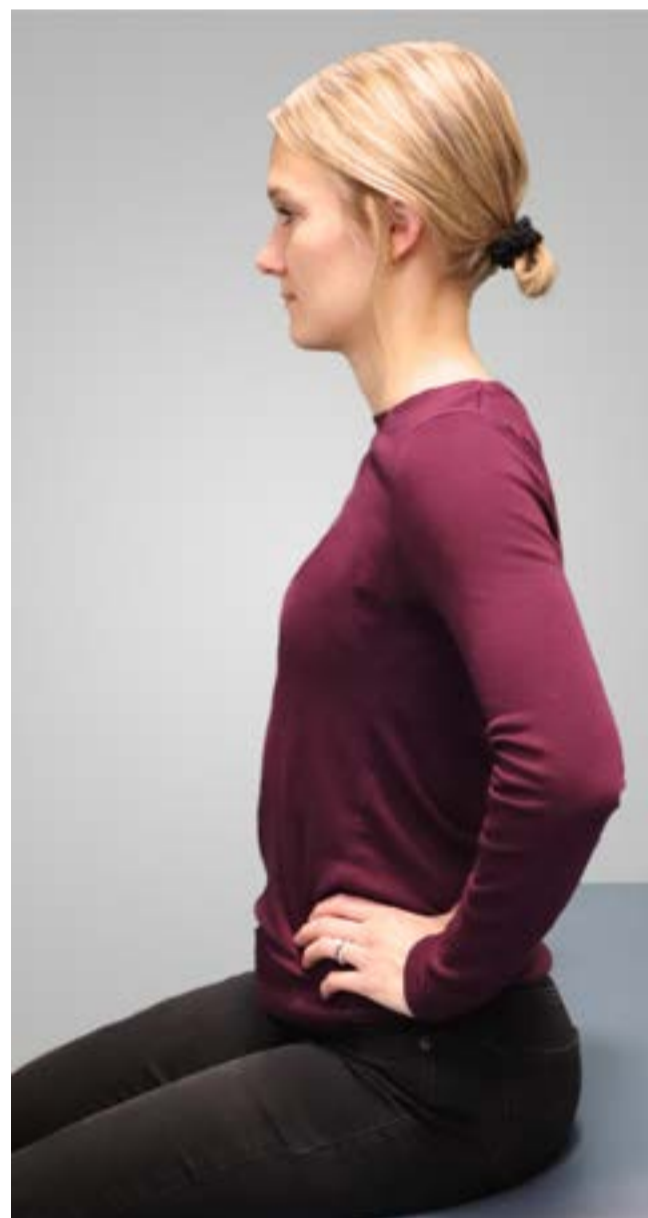


Ly on your stomach, resting on your elbows low to the ground.



Push up on your elbows, bending your back upward. Keep your hips on the floor and maintain a gentle chin tuck during the exercise.

Seated Extensions



Sit upright in a chair. Then, slowly arch your low back, shifting pelvis (hip bones) forward. Hold briefly, then return to the starting position and repeat. Only move your low back and pelvis, while keeping your upper back relaxed.

Remember: Exercise is only 1 piece of the Puzzle

Our specialists have successfully treated hundreds of people with back pain and often use a variety of hands-on techniques and other tools to get you feeling better. These exercises are the tip of the iceberg and additional help is likely needed for long term, lasting relief. To meet with a specialist to discuss **YOUR** condition, sign up for a free, 30-minute exam.

515-382-3366

Request Free Exam >