

Critical Care for Lumbar Spine

Patient is to sit upright on the edge of a bed or firm-supporting surface for an hourly utilization of the **Lumbar Rotation Exercise**.

Take two tablets of **Planetary Low Back** formula before bed and one application of cold therapy before bed.

*If issued a support, instructions should be followed. **Do Not** recline I soft chairs or couches. **Do Not** sit longer than 15 minutes at one time before changing body position Stand up and then walk around couch and than recline again.

Name: _____