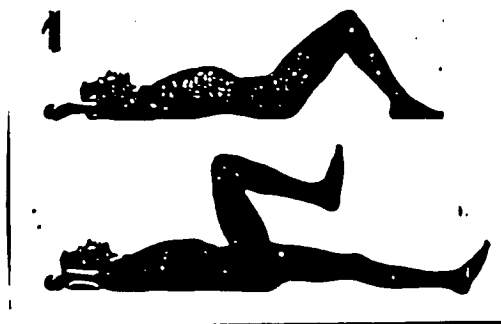


"MOUNT SINAI"
BOLNIČKI MEDICINSKI CENTAR, CHICAGO
PROGRAM FEDERACIJE
2901 W. TOLSON, CHICAGO, IL 60645
JOAN SCHULHOFF, LJEKAR ASISTENT, DIREKTOR
(312) 973-7350

OBUKA
PACIJENATA
ENGLJSKI/
BOSANSKI
SVA PRAVA
ZADRŽAVA

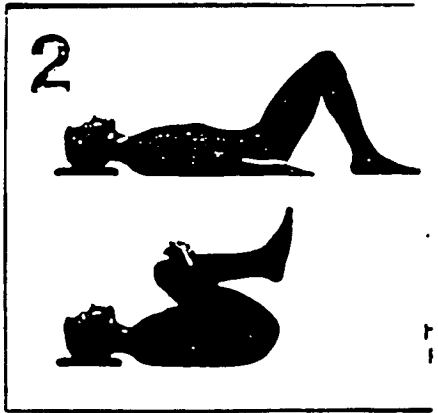
EXERCISES FOR LOW BACK PAIN

VJEŽBE ZA BOLOVE U LEĐIMA

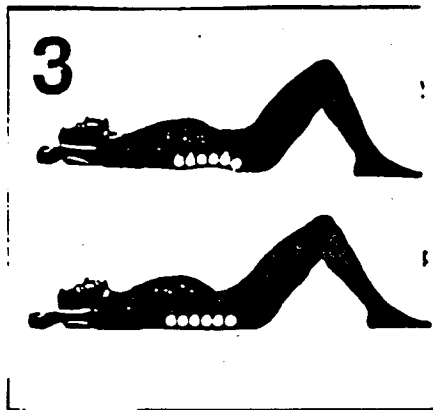


LEZITE NA LEĐA S
RUKAMA IZNAD GLAVE
I SAVIJENIM KOLJENIMA.
ZATIM POMAKNITE KOLJE-
NO PREMA PRSIMA KOLIKO

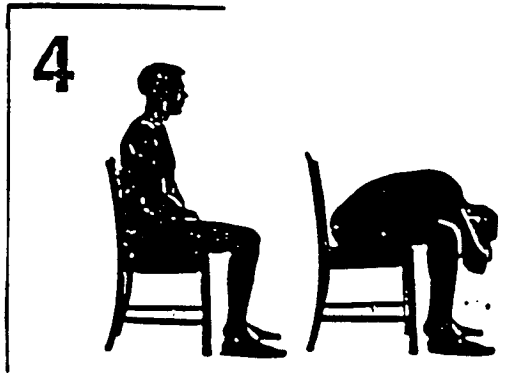
GOD MOŽETE, ISTOVREMENO ISTEŽUĆI DRUGU NOGU.
VRATITE SE U PRVOBITNU POZICIJU S OBA SAVIJE-
NA KOLJENA I PONOVI TE MIJENJAJUĆI NOGU.
ODMORITE SE (OPUSTITE) I PONOVI TE VJEŽBU.



LEŽITE NA LEŽA S JASTUKOM
 POD GLAVOM, S RUKAMA SA STRANE
 TNELA I IZDIGNUTIM KOLJENIMA.
 ZATIM PODIGNITE KOLJENA PREMA
 PRSIMA PA SA OBUHVACĚNIM
 RUKAMA GURNITE KOLJENA JOŠ PREMA PRSIMA. DRŽITE
 TAKO BROJEĆI DO 10, PAZEĆI DA SU VAM RAMENA
 RAVNA NA PODLOZI. PONOVI TE VJEŽBU 3 PUTA,
 OPUSTITE SE I PONOVI TE.

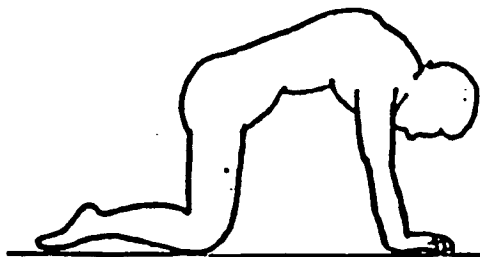
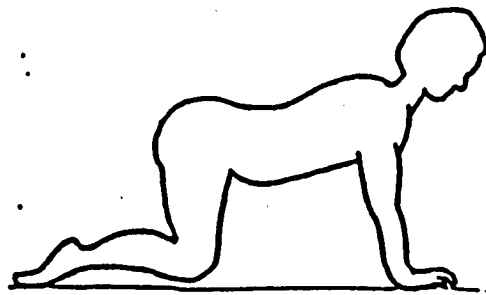


OPUSTITE SE S RUKAMA IZNAD
 GLAVE I IZDIGNUTIM KOLJENIMA
 ZATIM STEGNITE MIŠIĆE DONJEG
 STOMAKA I ZADNICE ISTOVREMENA
 TAKO DA IZRAVNATE KIČMU NA
 PODLOZI. DRŽITE TU POZICIJU BROJEĆI DO 10.
 OPUSTITE SE I PONOVI TE VJEŽBU.



4
 SJEDITE NA TVRDU STOLICU
 S RUKAMA OPUŠTENIM ISPRED
 VAS. SPUSTITE TIJELO TOLIKO
 DA VAM GLAVA BUDE IZMEĐU
 KOLJENA. STEŽUĆI STOMAČNE

MIŠIĆE VRATITE TIJELO U SJEDECU POZICIJU.
 ODMORITE SE I PONOVI TE VEŽBU.



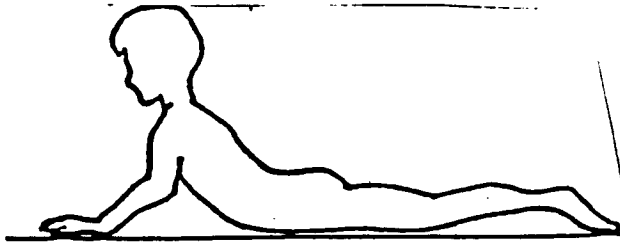
1. Dog-Camel stretch.

MACKENZIE VEŽBE

20 PONAVLJANJA
 2 PUTA DNEVNO

DRŽITE SE NA KOLJENIMA
 I RUKAMA POSTAVLJENIM NA
 POD (U ŠIRINI PLEČA).

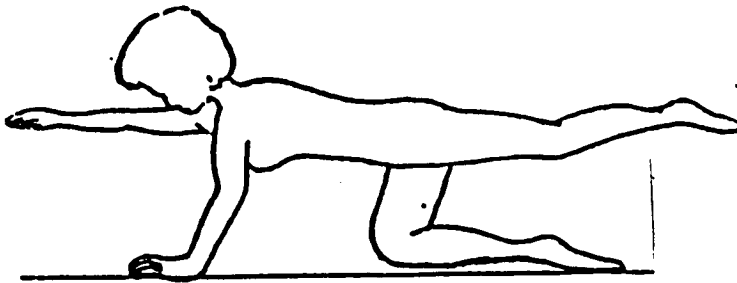
STEGNITE MIŠIĆE I IZDIG-
 NITE KICMU ŠTO JE MOGUĆE VIŠE.



2. Partial pushups.

LEŽITE S LICEM PREMA
 PODU, S RUKAMA U RAV-
 NINI RAMENA, DLANOVIMA
 OSLONJENIM NA POD.

DIŽITE I SPUŠTAJTE GORNJI DIO TIJELA, ZATEŽUĆI
 RUKAMA. NOGE I BEDRA DRŽITE NA PODU.



3. Opposite arm/leg stretch.

ISPRUŽITE LIJEVU NOGU
 I DESNU RUKU ISPRE
 SEBE, I ZADRŽITE SA
 TAKO 5 SEKUNDI.

ZATIM TO URADITE S DESNOM NOGOM I LIJEVOM
 RUKOM, DRŽEĆI ISTO 5 SEKUNDI.

POČNITE S DVA PONAVLJANJA. DODAJTE 1-2
 PONAVLJANJA SVAKE SEDMICE DO BROJA 20
 DVA PUTA DNEVNO. RADITE TAJ DOSTIGNUTI BROJ
 3 MJESECA^{2 X DNEVNO}, PA SE URATITE NA 20 NA DAN.

TRANSLATED FROM
 ENGLISH INTO BOSNIAN
 GAZIJA RUSMIRA

PREVELA S ENGLESKOG
 NA BOSANSKI
 GAZIJA RUSMIRA

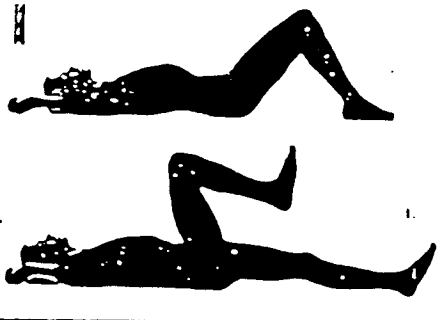
MOUNT SINAI HOSPITAL MEDICAL CENTER, CHICAGO.
FEDERATION PROGRAMS
2901 W. Touhy, Chicago, IL 60645
JOAN SCHULHOFF, PA-C, DIRECTOR.
(312)973-7350

Patient Education
English/Bosnian

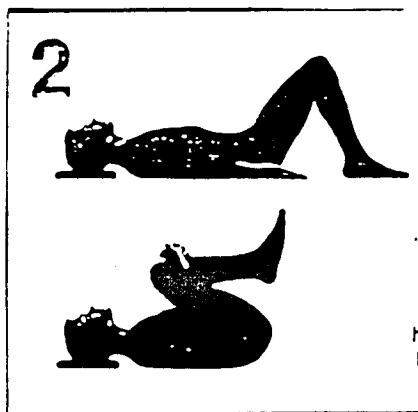
Page 1 of 3

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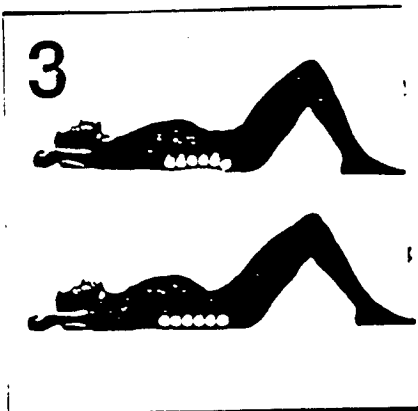
EXERCISES FOR LOW BACK PAIN



Lie on your back with your arms above your head and your knees bent. Now move one knee as far as you can toward your chest and at the same time straighten out the other leg. Go back to the original position with both knees bent, and repeat the movement, switching legs. Relax and repeat the exercise

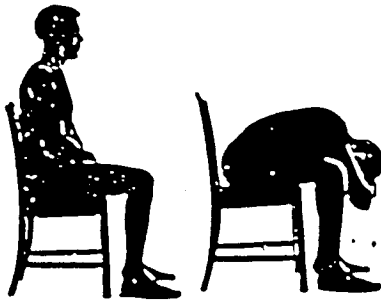


Lie on your back with pillow under your head, your arms at your sides and your knees bent. Now bring your knees up to your chest, and with your hands clasped pull your knees towards your chest. Hold for a count of 10, keeping your knees together and your shoulders flat on the mat. Repeat the pulling and holding movement three times. Relax and repeat the exercise.



Relax with your arms above your head and your knees bent. Now tighten the muscles of your lower abdomen and your buttocks at the same time so as to flatten your back against the mat. This is the flat back position. Hold the position for a count of 10. Relax and repeat the exercise.

4



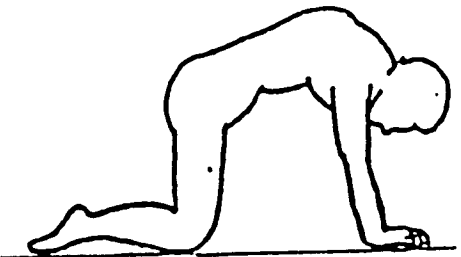
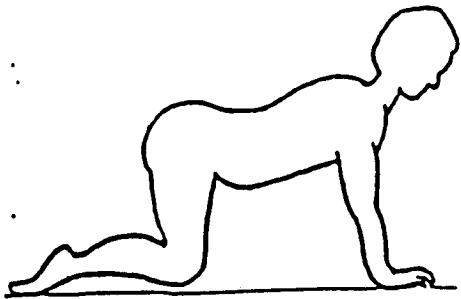
Sit on a hard chair with your arms folded loosely in front of you. Let your body drop until your head is down between your knees. Pull your body back up into a sitting position while tightening your abdominal muscles. Relax and repeat the exercise.

MACKENZIE EXERCISE

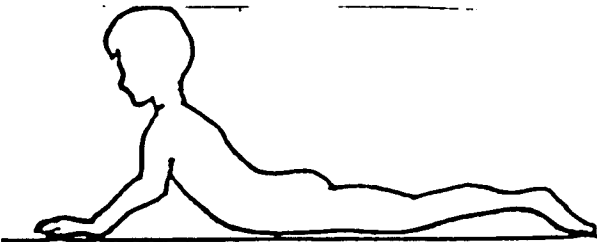
20 repetitions

2 times daily

Assume all-fours position, relax spine to sway-back curve. Tighten muscles and pull spine up as high as possible.

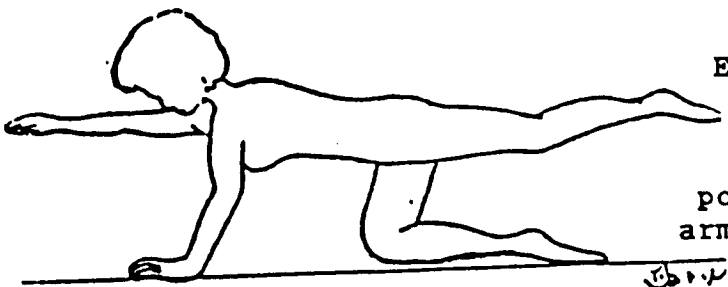


1. Dog-Camel stretch.



2. Partial pushups.

Lie face-down, with hands at about shoulder level, palms down. Do pushups as shown, straightening arms. Keep hips and legs flat on mat, raising only the upper part of your body.



Assume all-fours position. Extend left leg behind you, flexing your foot, and at the same time, stretch right arm forward and hold 5 seconds. Go back to beginning position. Now extend right leg/left arm, and stretch. Hold five seconds.

3. Opposite arm/leg stretch.

Begin with 2 repetitions. Add 1 - 2 repetitions every week, up to 20 twice daily. Once doing all repetitions twice daily, count off 3 months, then go to 20 per day.