

NORFLEX™

(orphenadrine citrate)
Extended-release Tablets

NORGESIC™ FORTE

(orphenadrine citrate, 50mg;
aspirin, 770mg; caffeine, 60mg) Tablets

Exercises for back pain.

General instructions.

Daily exercise has been found to help relieve low back pain. In fact, your best back support is derived from exercising your own back muscles!

Faithful performance of back exercises can often avoid the need for wearing an external brace or corset. Back muscles can give you all the support needed if you strengthen them by routine exercise.

Be sure to follow the exercise routine prescribed by your doctor. Gradually increase the frequency of your exercises as your condition improves, but stop when fatigued. Also stop doing any exercise that causes pain until you have checked with your doctor. If your muscles are tight, take a warm shower or tub bath before performing your back exercises.

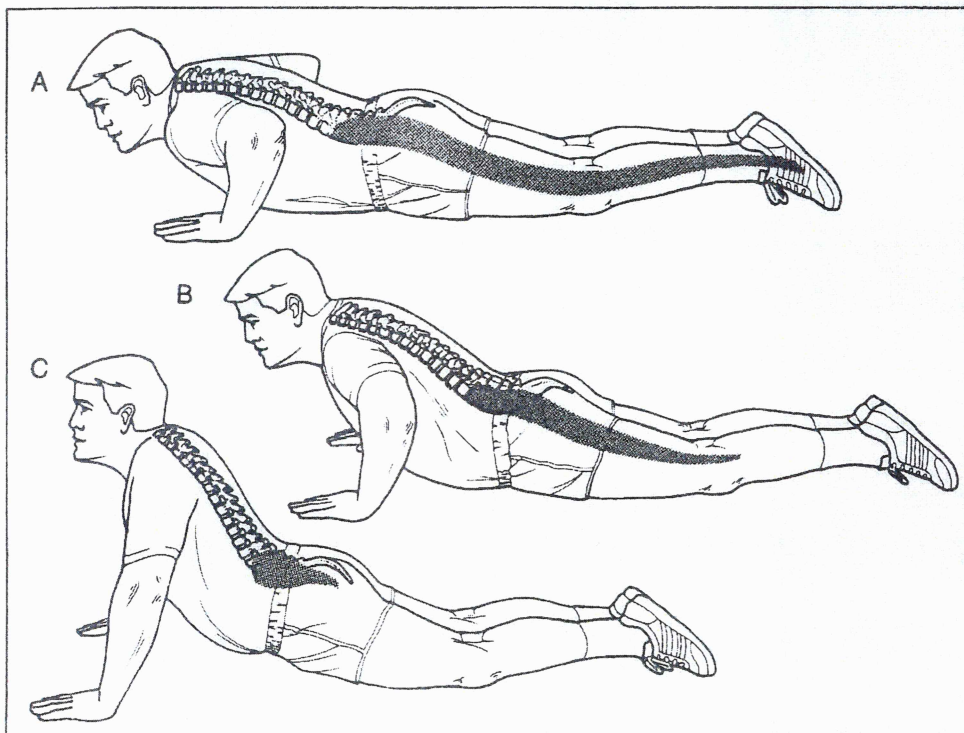
To be filled in by your physician.

Do exercises marked

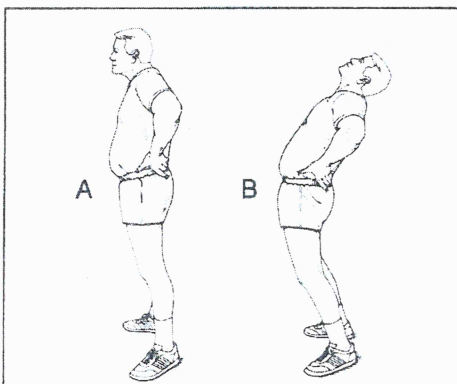
for _____ minutes

_____ time(s) a day.

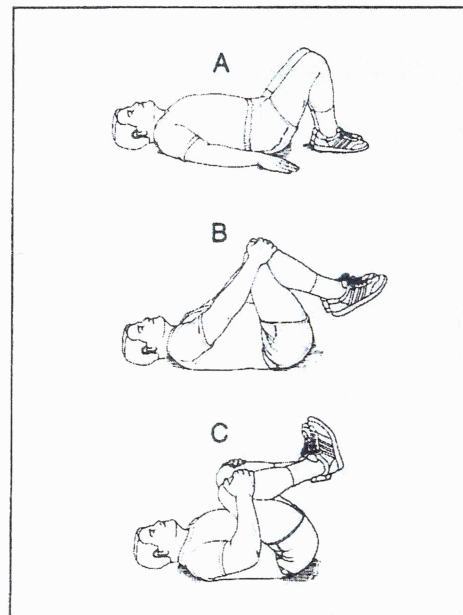
Additional instructions.



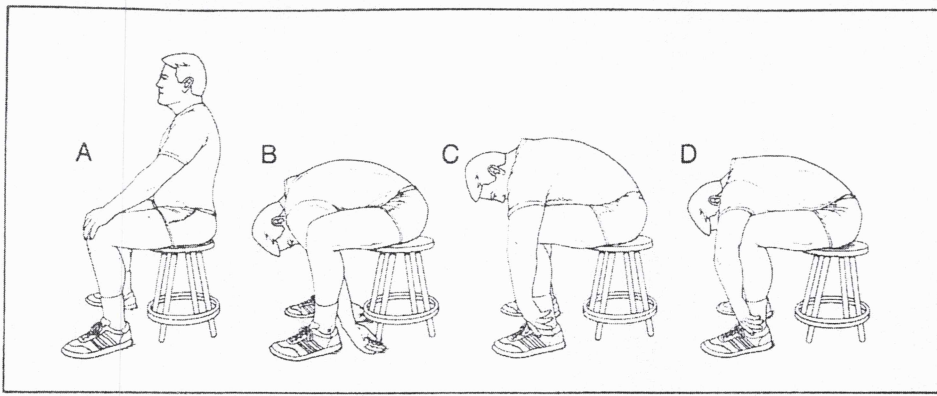
Lie face down with your hands positioned under the shoulders (A). (If you feel pain on only one side of your back, shift your hips away from the painful side.) Push yourself up by slowly extending the elbows (B and C), while keeping the pelvis, hips and legs relaxed. After maintaining this position for one to two seconds, slowly lower your upper body to the floor.



Stand upright with feet slightly apart (A). Place your hands on the small of the back with fingers pointing back. Bend backwards from the waist as far as you can (B). Keep your knees straight. Maintain the bent backward position for one to two seconds, then return to starting position (A).

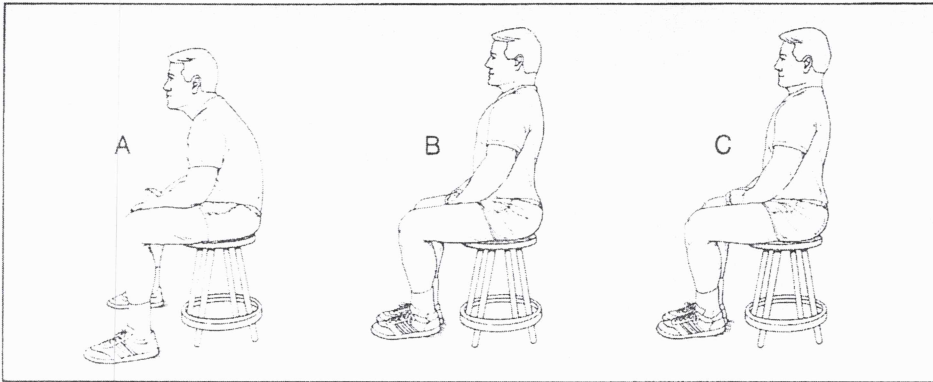


Lie on your back with knees bent and feet flat on the floor or bed (A). Place your hands around your knees (B) and slowly pull both knees as close to your chest as possible (C). Maintain this position for one to two seconds, then slowly lower your feet back to starting position (A). Do not raise your head as you perform this exercise or straighten your legs as you lower them.



Sit on the edge of a steady chair or stool, with legs apart and hands resting on knees (A). Bend forward from the waist to touch the floor with your hands (B). Hold this

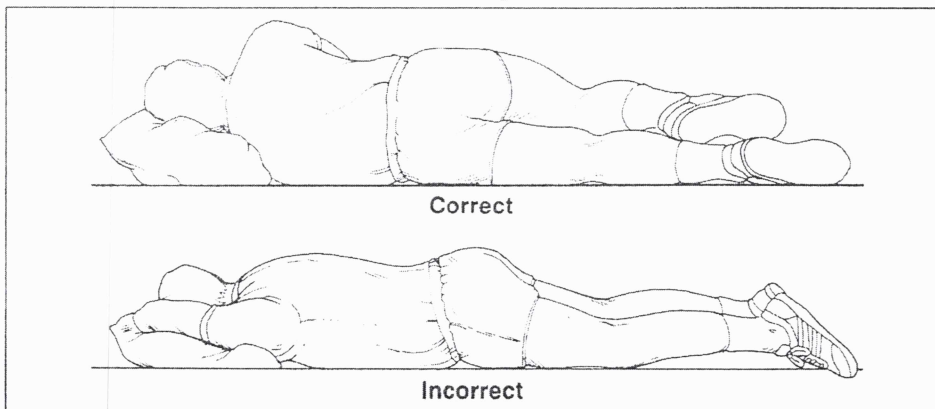
position for one to two seconds and then slowly return to upright. Once you can bend forward comfortably, hold onto your ankles (C) and pull yourself further down (D).



Patients with low back pain who must sit for prolonged periods should learn this exercise. Sit on a steady chair in an extremely slouched position (A). Hold this position for a few seconds, then draw yourself up to the other extreme — a position with a

hollow in the low back (B). Hold this position for only a few seconds, and then return to slouching. Make sure the change between slouched and upright posture is slow and rhythmical, not fast or jerky. The proper erect sitting position is shown in (C).

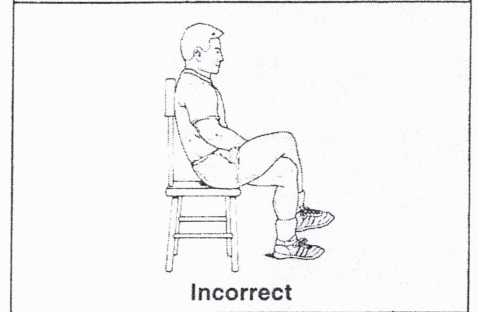
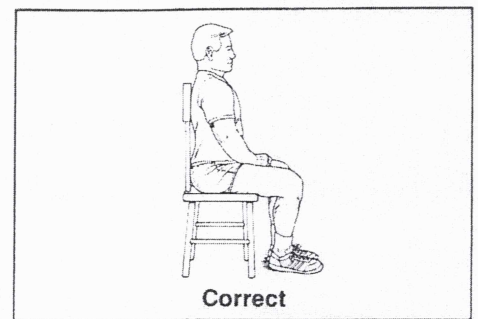
Hints for a healthy back.



Sleeping

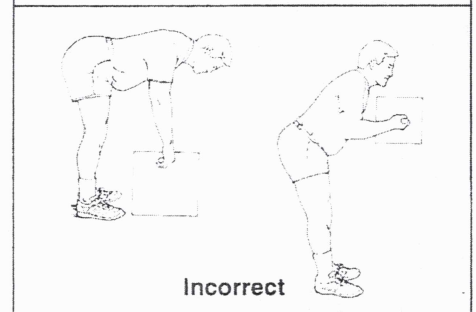
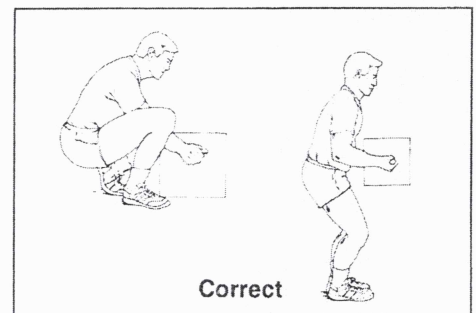
Sleep on a firm mattress; a ¾ inch plywood bed board is helpful and should be used with all but a very firm orthopedic mattress. Keep your knees

and hips bent when sleeping on your side. With acute back pain, sleep with a pillow or blanket rolled under the knees and a pillow under the head.



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 this places a strain on low back muscles.