

Exercises for Managing Low Back Pain

Client Screening Questionnaire

Client Information

Name of Client:

Date of Birth:

Gender:

Physical Activity Screening (client to complete please)

Occupation:

Travel to Work:

Activity Levels at Work:

Activity Levels Outside Work:

Current Physical Activity:

Exercise Preferences:

Availability for Exercise Programme:

Anthropometrics:

Height:

Weight:

BMI:

Goal Setting

Reasons for Exercise Programme:

Barriers to Exercise:

Strategy to Overcome Barriers:

Mood and Attitude:

Readiness to Change:

Communication & Behaviour Change Strategies

Where are you psychologically as regards exercises for managing low back pain?

The various stages: Pre-contemplation, Contemplation, Action, Maintenance, Relapse.

Motivation and Commitment: How motivated do you feel to commit to this exercise programme? Somewhat/Very/Not at all. Your PT will keep in touch with you to see how you're doing with your exercise programme.

Incentives/Rewards: How do you like to be incentivised/rewarded when completing tasks? It is important to recognise and appreciate your ongoing commitment to this exercise regime (and diet), how would you like to do this and how would you like me to support you?

Some like to have their activity monitored and progress identified in order that we can share in their progress and congratulate them on that, this would support you and help maintain motivation if required and maybe even deepen your resolve to hit certain personal targets.

It would be good for them to build a small reward system into their training, for example getting themselves a favourite health food drink/snack/meal to enjoy post-session to acknowledge and show themselves appreciation for the good work and progress, or maybe allow themselves an extra treat outside of their standard diet as a special reward either at the weekend, or when hitting a particular target.

Encouraging Self-Sufficiency: The goal of this exercise programme is to enable you to manage your low back pain and progress towards a more comfortable physical and mental state. One would hope that in seeing this progress, it will encourage self-sufficiency to maintain the exercise programme. If this is not enough, let's discuss how to build self-sufficiency – often doing exercises at the same time each day builds a routine that becomes a habit and something that's conducted as part of a normal day's activity, a bit like brushing your teeth.

Behaviour Change Approaches:

How will your PT support you? We will agree the SMART principles listed below so that you feel engaged and central to the process. We shall break the process into smaller, manageable steps so that you don't feel overwhelmed and can be encouraged at achieving each step along your exercise journey.

Do you enjoy tracking your progression for your own motivation? This would also be an effective method for monitoring the additional LBP exercises and their effect. This will enable you to feel engaged and in control of the process and observe the progress you are making.

Should you feel demotivated, I will discuss where you feel the issue lies (for example not seeing progress, not feeling they are the right exercises or feeling any pain whilst using my programme?) and seek to remedy the approach/programme and provide positive reinforcement to encourage you both during and in-between exercise sessions, should you require. Again, I will encourage

you to celebrate your progress at intervals and on hitting agreed targets – buy yourself something small as a treat each week on completing the exercises set. Underlining the progress you have made should also help you build a positive mindset around the programme.

Do you like to record and review your training for correct posture, which would also be a very useful for her when adding new LBPM exercises – this can be highly instructive and motivational for some clients, others may not appreciate the scrutiny.

I'm proposing check-ins once or twice a week via Whatsapp to gain your feedback, review progress and add support to the prescribed exercise programme and hopefully add another element of commitment, should motivation be lacking.

A final note, this framework is designed to demonstrate that I'm genuinely interested and engaged in the process too and want to help you achieve your objective of a healthier back – a better back = a better you!

SMART Goals (to be agreed with PT)

Short Term

Specific:

Measurable:

Achievable:

Realistic:

Time-bound:

Medium Term

Specific:

Measurable:

Achievable:

Realistic:

Time-bound:

Long Term

Specific:

Measurable:

Achievable:

Realistic:

Time-bound:

Reviewing and Revising Goals

Short Term: It will be important to gain feedback from you at the outset in order to review and understand how they are able to cope with the exercises and if any specific exercises are aggravating their back. Any exercises that do aggravate and cause LBP will need to be immediately removed and replaced with an alternative.

Medium Term: Medium terms goals will increase the number of repetitions rather than increase the weights utilised as we are looking to improve endurance, rather than strength. This is the recommended approach when working with those with LBP as increasing weights can aggravate the back. Low back **stability** through training towards endurance is the goal.

Long Term: The ultimate goal ideally is to remove any discomfort they have from LBP by including and maintaining and developing appropriate exercises that complement their current exercise/training programme (if any). This is an ongoing process that relies on feedback from you, the client, to determine that the exercises are appropriate in managing their LBP. Should this not be the case at any stage, or progress is not being made, then the LBP-specific exercises will be reviewed and intensity reduced or increased, removed or replaced to ensure alignment with your objective.

Signatures

Client Signature:

Date:

Instructor Signature:

Date: