



ACUTE LEVEL I INSTRUCTIONS

RELAXATION:

Stress of any kind (mental, emotional, chemical or physical) signals all muscles into “reflex spasms” causing secondary problems including nerve pressure, pain, swelling, joint dysfunction, chemical and glandular dysfunction, vascular changes and digestive disturbances. Health and full performance of muscle depends on the **tone**. Relaxation decreases muscle tone, therefore, increasing blood supply and healing. Develop a technique of relaxation and you will find it to be helpful beyond the acute phase. Progressive relaxation tapes with visualizations are available at the front desk. Ask for them. They will facilitate your learning of relaxation and stress reduction techniques.

COLD AND MOIST HEAT APPLICATION AT HOME:

Recovery time is enhanced when blood is allowed to flow, unimpeded, through the affected area. Improved blood circulation is achieved with the proper application of cold/moist heat. The use of ice during the first 24 to 48 hours after injury prevents swelling and the accompanying pain and disability. Cold applications are for 10 to 30 minute intervals. Ask Dr. Walsh for your specific instructions. Both the relaxation and cold/moist heat **must** be followed by exercise. It is the contraction and relaxation of muscles that provide the most complete stimulus in the healing process.

THERAPEUTIC MASSAGE:

The WALSH WELLNESS CENTER offers massage therapy and manual therapy. During the acute stage, massage to the problem area is often helpful. It aids in relaxation of the involved area but, more importantly, is the shifting of fluid dynamics. It facilitates removal of the inflammatory process (especially lactic acid) while increasing the food and oxygen to the affected tissue. This greatly reduces healing time and secondary problems.

PHYSICAL THERAPY:

In our office, physical therapies consist of Ice, moist heat, low and hi-volt electric muscle stimulators, ultrasound and paraffin. Specific modalities are prescribed at certain times depending on your condition. These are adjunctive therapies but are very important

EXERCISE FOR LOW BACK:

Generally, exercise in the acute stage is necessary for decreasing muscle spasms and increasing circulation. They must be done every 1 .2 hours with 5 .10 repetitions each. They are as follows:

A. **BRIDGING** - Lay on your back with your knees bent and your feet flat on the bed or floor. Lift the buttocks as high as possible within the pain-free range. If you stimulate the pain, you stimulate the pain-spasm-pain cycle. If you can only tighten your buttocks, begin with that.

B. **PELVIC ROLL** - Lay on your back with your knees bent and your feet flat on the bed or floor. Let your knees drop all the way to each side, right then left. This must be done slowly; go to each side as much as possible within the pain-free range.

C. **SIDE LEG LIFTS** - Lay on one side with the lower arm under your head and the lower knee bent for stability. Lift your upper leg towards the ceiling, and then lower it slowly. It is essential that you do not bend your knee or let your hip drop back. Heel should be higher than the toes.

D. **KNEE TO CHEST** - Lay on your back with knees bent and feet on the floor. Pull one knee to your chest, hold for seven seconds. Repeat with other leg. After 5 reps, pull both knees to chest for 10 seconds. Repeat this 10 times. Remember to breathe.

EXERCISE FOR NECK:

These are isometric exercises so there will be no movement of the head and neck, but the muscles will be contracting and, therefore, therapeutically affected.

A. Place your right hand on your forehead and your left hand on the back of the head. Lean head forward, into your right hand - hold for 5 seconds. Lean head backward into left hand, hold 5 seconds. Repeat 5 times each.

B. Place your right hand on the right side of your head just above the ears, and left hand on left side of head. Lean head to the right, hold 5 seconds. Lean head to the left, hold 5 seconds. Repeat 5 times each.

C. Keep hands in same positions on side of head. Turn head to the right and hold 5 seconds. Turn head to the left and hold 5 seconds. Repeat 5 times each.

Remember **DO NOT STRAIN**. These exercises are all done without the pain being stimulated. If pain is felt, go easier.

D. Shrug your shoulder up then in circles - both forward and back. Do 10 in each direction.

COLLARS/SUPPORTS/SPLINTS:

These work well in supporting an area and also in preventing movement; but they do not stimulate the body to repair itself. It is important to follow the instructions for the amount of wear. The amount of time to be worn will be different for each person and will vary during the healing process. Dr. Walsh will instruct you on proper usage of the supports at any given time.

ADDITIONAL COMMENTS ON THE ACUTE STAGE LEVEL I

1. Coinciding with recovery is an equally important goal....total awareness. The maximum benefit is directly attributed to your input, our findings, each treatment in the office and your compliance to each of Dr. Walsh's recommendations.
2. Strive for a balance of rest and periodic movement and activity during the acute phase.
3. Do not be fooled by the absence of acute pain, which is usually the symptom in this phase. Healing takes place when there is relief of the cause. This takes time. Use caution and stay with the program. The symptoms are not always good indicators of your progress. Leave the assessment of your condition to the doctor. That's his specialty.
4. When we experience pain of any kind (mental, emotional or physical), our body response is to hold our breath and tighten our muscles. Be sure to keep **Inhaling** and **exhaling** as you do each exercise and during relaxation.
5. This stage usually lasts from a few days to 2 weeks and visits range from 3 to 5 times per week. Some form of physical therapy is administered during this period. These may include moist heat, ice, muscle stimulation, massage or ultrasound.