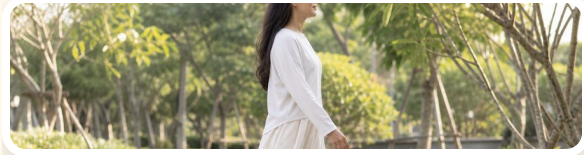


COMPASSION AT EVERY STEP



Quick Recap

Low back pain often comes from muscle strain, joint irritation, or disc-related issues. Most cases improve with gentle movement, core retraining, and pacing — long bed rest actually slows recovery.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

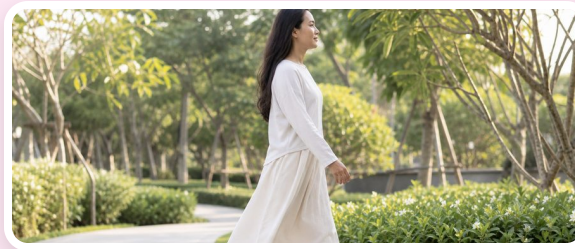
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

COMPASSION AT EVERY STEP

Low Back Pain Recovery

Spine Care & Movement Continuum



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to ease back pain and rebuild safe movement at home.

Build a calm daily routine — short walks, core work, and rest at steady times. Note any changes and share them with your healthcare providers.

- Stay active: short walks every 1-2 hours; avoid long bed rest.
- Core: pelvic tilts, dead-bugs, and bird-dogs at a pain-free range.
- Stretches: knee-to-chest, piriformis, and hamstring 30-second holds.
- Heat or ice 15 minutes after activity to calm symptoms.
- Sleep on your side with a pillow between the knees for support.
- Home nursing for assessments, wound care, medications, and

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track pain location, intensity, and any radiation into the buttocks, thigh, or below the knee.
- Note numbness, leg weakness, or changes in walking distance and posture tolerance.

Good to know

- Most non-specific low back pain improves within 4–6 weeks with movement and pacing.
- Imaging is reserved for red-flag symptoms or pain that doesn't improve with therapy.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Lifting: keep the load close, hinge at the hips, and avoid twisting under load.
- Sitting hygiene: lumbar support, feet flat, and stand or walk every 30 minutes.
- Strength routine: glute bridges, squats to a chair, and planks 3 days per week.