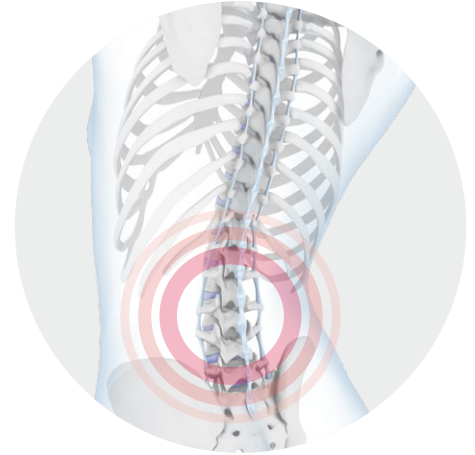


INFORMATION ABOUT BACK PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

CLARIFYING THE CAUSE

Do you have back pain but you don't know what caused it? Your physician will be able to find out whether your problems are non-specific pain or whether certain structures in your back are injured. **That's why our recommendation is to contact your physician!**



CHECKLIST FOR YOUR MEDICAL CONSULTATION

The more precise the information you can give your physician about your symptoms, the more effectively they will be able to help you. And particularly in cases of back pain, many factors can play a role. Use our checklist to make sure you don't forget anything during the conversation with your physician. Simply tick the boxes and answer the questions, then take the checklist along to your appointment.

WHAT LED TO YOUR PAIN?

- The pain appeared without major external impact
- The pain occurred during/after a certain activity, specifically : _____
- I had an accident: during everyday activities during exercise at work
where the following happened: _____
- I had back surgery
- Other: _____

WHEN DO YOU NOTICE SYMPTOMS?

- My back hurts when I lie down
- My back hurts when I sit
- My back hurts during certain movements or tasks,
such as: _____
- My back pain occurs on different occasions, I can't determine a pattern
- I constantly have back pain
- Other: _____

HOW LONG HAVE YOU HAD THESE PROBLEMS? Since: _____

WHERE IS THE PAIN LOCATED?

- In the upper part of the back
- It radiates into my legs as far as _____
- Mainly in the neck and shoulder area
- In a different place, specifically _____
- Along the spine
- I can't describe it precisely
- In the lower part of the back

HOW WOULD YOU DESCRIBE YOUR WORK SITUATION?

- I mainly work sitting down
- My body is subjected to a lot of strain at work
- I mainly work standing up
- I often have to adopt an unfavorable posture
- My work involves a lot of repetitive movements
- I move in different ways
- I frequently lift heavy objects

WHAT IS YOUR EVERYDAY LIFE AND YOUR SPARE TIME GENERALLY LIKE?

- I am moderately active (e.g. using a bicycle instead of the bus, hobbies such as gardening or DIY)
- I exercise moderately, specifically _____
- I exercise intensively, specifically _____
- I am not very active (e.g. sitting on the couch instead of going for a walk)

ARE YOU

- a smoker?
- overweight?
- chronically ill?

WHICH STATEMENTS APPLY TO YOU?

- My diary is often full and I have little time for breaks
- I have little time for myself alongside work, family, the household, and other duties
- I'm often stressed and pressed for time
- I have trouble switching off in the evenings
- I'm worried about certain circumstances in my life (e.g. family or financial trouble)
- My work causes more stress than joy
- I often have the feeling that I can't accomplish everything I or others expect of me
- I have trouble finding balance in stressful times (e.g. by doing yoga or relaxation exercises)
- I'm often too tired or exhausted to meet friends

IN CASES OF BACK PAIN: EXERCISE AND SUPPORT

Treatment strategies differ according to the nature of the problem. Your physician will help you identify what you need to emphasize. He/she can also decide whether a medical product, such as a support or an orthosis, is recommended for you. They can stabilize and relieve your back, encourage a healthy posture, alleviate pain, and help you get active again.

In order for you to receive an appropriate medical aid for your specific problem, we have developed a wide range of products to meet your personal needs. The following applies as a guideline: the greater the need for stabilization, the more likely you need an orthosis instead of a support.

Both product groups have been designed to be comfortable – not only during training but also during everyday activities. Discuss with your physician which support or orthosis is suitable for you, and get your prescription. **Good to know: your physician can prescribe the recommended medical aid without affecting his/her treatment budget.**

With a prescription, your medical insurance company will help you with a co-payment. But you can also get yourself a Bauerfeind support or orthosis without a prescription. Simply visit a medical supply retailer near you.

Get your support!



LumboTrain® The support relieves and stabilizes your lumbar spine. During movement, the effective Train knitted fabric and a massage pad have been proven to activate your muscles, which reduces pain and improves movement processes.

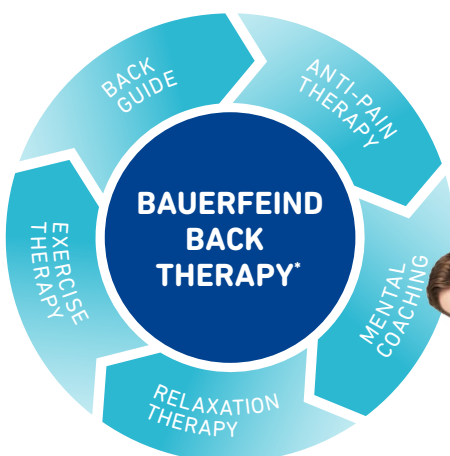


The **LordoLoc®** is a back orthosis for gentle stabilization of the lumbar spine in cases of mild muscle weakness. Anatomically contoured corset stays, in combination with compression knit, straighten the lumbar spine, relieving tension and alleviating pain.



The **Spinova® Stabi Classic** is a back orthosis for the lumbar spine that provides comprehensive support. Corset stays in the back and sides offer stabilization, thus encouraging a healthy posture. The airy, elastic mesh material ensures breathability.

START YOUR TRAINING WITH BAUERFEIND'S BACK THERAPY



GET THE APP

WITH YOUR
TRAINING
PROGRAM NOW!

To go with your support or orthosis, the Bauerfeind Training App will provide you with a personalized training program that has been adapted specifically to your symptoms. You will additionally get useful tips about back-friendly behavior, relaxation methods, and effective stress management. If you're already being treated, please consult the staff helping with your therapy on the use of our Training App.

→ [DOWNLOAD NOW
BAUERFEIND.COM/APP](https://bauerfeind.com/app)



* Full terms and conditions: bauerfeind-group.com/disclaimer

Please note: gender-specific formulations are not used for reasons of easier legibility. All personalized descriptions should therefore be seen as gender-neutral.