

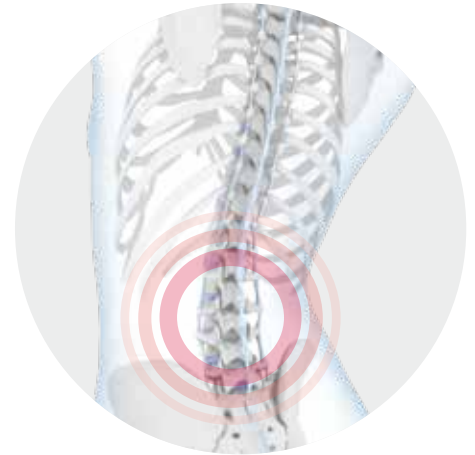
INFORMATION ABOUT BACK PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

CLARIFYING THE CAUSE

Do you have back pain and are unsure 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.

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 check the boxes and answer the questions, then take the list along to your appointment.



WHERE IS THE PAIN LOCATED?

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

HOW LONG HAVE YOU HAD THESE PROBLEMS? Since _____

HOW SEVERE IS YOUR PAIN? (On a scale 1-10: with 1 being very mild to 10 very severe pain) _____

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 WOULD YOU DESCRIBE YOUR WORK SITUATION?

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

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

WHICH STATEMENTS APPLY TO YOU?

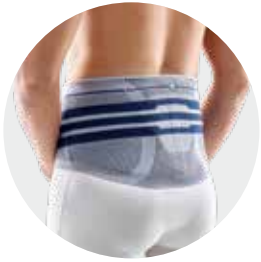
- I'm often stressed and pressed for time
- I have trouble switching off in the evenings
- I'm worried about certain circumstances in my life (e.g. family or financial trouble)
- I often have the feeling that I can't accomplish everything I or others expect of me
- I have trouble finding balance in stressful times (e.g. by doing yoga or relaxation exercises)

IN CASES OF BACK PAIN: EXERCISE AND SUPPORT

Treatment strategies differ according to the indication or underlying condition. 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 brace, is recommended for you to 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 a brace instead of a support.

Both product groups have been designed to be comfortable during everyday activities. Discuss with your physician which support or brace is suitable for you.



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



The **LordoLoc®** is a back brace 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 **LumboLoc** is a back brace for the lumbar spine that provides support with corset stays in the back for extra stabilization, thus encouraging a healthy posture. The airy knit material ensures breathability.

START FEELING BETTER WITH BAUERFEIND'S BACK THERAPY



Five Modules for Back Pain Relief

We've designed the individual modules in such a way that you can easily integrate them into your everyday life, so that these measures can become habits without hassle for long-term treatment success and a strong, healthy back.

Depending on severity, a back brace can provide you with additional support.

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