



# Back Training Programme

P a t i e n t I n f o r m a t i o n

## INTRODUCTION

Back problems are usually due to an imbalance between the load on your back and the extent to which your back can cope with it. Carrying out the same movements or activities repeatedly or for a long time – e.g. working on the PC for a long time, repeatedly bending over, handling heavy loads – can eventually make these problems worse. Moreover, constant stress, anxiety and disrupted sleep are typical examples of factors that can also have an adverse effect on this balance.

## BACK TRAINING PROGRAMME

The back training programme can help restore this balance. You will be given an insight into the origins of back problems, the way the spine works and the underlying pain mechanisms. You will also learn how to recognise and adapt to potential problem areas in your daily life.

The back training programme is consequently aimed at people who want to prevent and/or actively tackle back problems.

## STEPS TO BE TAKEN

### Step 1. Appointment with a doctor at the physical medicine and rehabilitation unit.

- ✓ You have not yet been referred to the back training programme. Arrange an appointment via 016 34 25 60 with a doctor at UZ Leuven, who is specialised in spinal disorders. If necessary, this doctor can refer you to the physical medicine and rehabilitation unit. In such cases your problems will initially be assessed in more detail.
- ✓ You have already been referred to the back training programme, upon a recommendation from your GP or a specialist consultant. Make an appointment with a doctor at the physical medicine and rehabilitation unit at UZ Leuven via 016 33 87 99. The doctor will verify whether you actually qualify for the back training programme or whether a different type of treatment would be more appropriate.
- ✓ You have already been given a prescription for the back training programme by a doctor of the physical medicine and rehabilitation unit at UZ Leuven. You can make an appointment to start the back training programme via 016 33 87 99.

### Step 2. Back training programme

- Six weeks attendance at the back training programme: weekly two hour sessions covering theory and exercises.
- Eight to ten participants per group.
- When? Mondays between 19.00 and 21.00 hrs, Tuesdays between 19.30 and 21.30 hrs or Thursdays between 19.30 and 21.30 hrs.

## Training programme

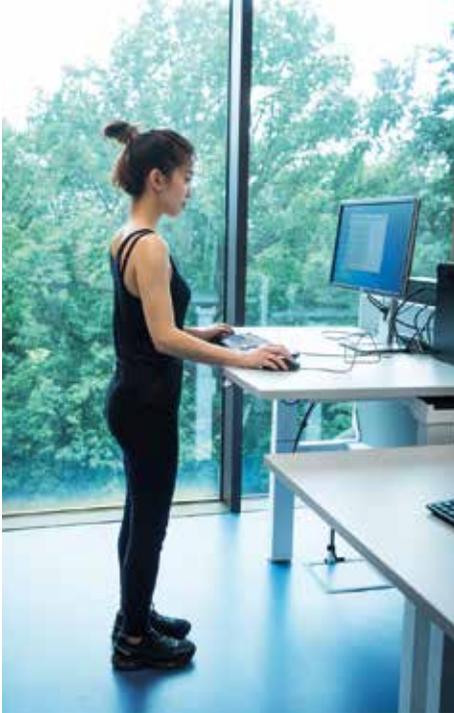
You will be given numerous practical tips on how to optimise the balance between the load on your back and its load bearing ability. Through exercises you will learn how to become more aware of your posture during activities, increase the stability of the lower back and reduce tension.



- Lesson 1 Origins and treatment of lower back pain – Back training programme objectives
- Lesson 2 What are lower back problems? – Medical and therapeutic approach
- Lesson 3 Basic principles prevention and repair of back problems  
Ergonomics of sitting and lying down
- Lesson 4 Lifting, carrying and moving items –
- Lesson 5 Day to day activities inside and outside the home
- Lesson 6 What is pain? – What to do in the event of acute pain – Sports activities – Details about how to improve your condition

The theoretical part will be followed by a practice session. It is advisable, therefore, to wear comfortable sports clothing.

All lessons will be given by a physiotherapist, except for the second one, which will be given by a doctor from the physical medicine and rehabilitation unit.



## ADDITIONAL OPTIONS DURING AND AFTER THE BACK TRAINING PROGRAMME

### Workshops

You can also attend a number of workshops during or after the back training programme. These consist of one (screen based work and improved sleep) or two 2 hour (stress management) sessions focusing on one specific topic. You will receive more information on this during back training programme lessons.

- ✓ Screen based work
- ✓ Stress management
- ✓ Better sleep

### Building up your condition again

- You can also attend a training programme to safely improve your condition again following the back training programme. This takes place in the fitness room in the Therapy Tower and parts of it may take place in the swimming pool. The training takes three to six months and is supervised by physiotherapists. Together with you, they will devise a personal training schedule, based on your work, sports or hobbies, and will monitor you during the training.



- You don't need an additional prescription from the doctor for this. You will have to take a fitness test before you start the programme to improve your condition again. You will also visit a physiotherapist who will record a starting balance of your posture and muscle activity. The training can be adapted to any personal requests you may have.
- It is advisable to train twice a week to gain optimum benefit from the training.
- When?  
Mondays and Fridays: 08.30 to 10.15 hrs and 10.15 to 12.00 hrs  
Tuesdays, Wednesdays and Thursdays: 09.00 to 10.45 hrs  
Tuesdays and Thursdays: 17.45 to 19.30 hrs.

## COST

Each lesson will incur a physiotherapy charge, most of which will be refunded by your health insurance fund.

## CONTACT DATA

Outpatient rehabilitation (E 200)

UZ Leuven Pellenberg Campus, Therapy Tower

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#### Design and Production

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Comments or suggestions pertaining to this brochure can be submitted via [communicatie@uzleuven.be](mailto:communicatie@uzleuven.be).

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