



New Program!
COPING with BACK PAIN

This program is designed for 4J employees who are struggling with lumbar, thoracic or cervical spine pain, muscle strain, or degenerative conditions such as: degenerative disc disease, herniated disc, spinal stenosis, headaches, osteoarthritis, or myofascial pain.

Dates: Thursdays, April 26-May 31st, 2007

Time: 6:30-8:00 p.m.

Location: Tower Room, 4J Education Center, 200 N. Monroe

Cost: \$20 for materials & equipment. *4J will reimburse \$20 to participants who attend all six classes.

Upon completion of this 6 class series, participants will be able to:

- Utilize healthy spine body mechanics with activities of daily living at home, work and with recreation.
- Recognize imbalances of strength and flexibility that contribute to back pain.
- Utilize self care strategies to reduce back pain to include: self joint mobilization, self muscle release techniques, acupressure, heat and ice.
- Demonstrate improved posture and utilization of postural assistive devices to alleviate pain.
- Recognize the role of relaxation and stress management, managing emotions and pacing of activities in managing back pain.

In order to provide individual instruction, class is limited to ten 4J Employees.
Class participants will be chosen by lottery, from all responses received at the address below
by March 19, 2007. If you are selected, you will be notified mail.

****Participants will need to complete a medical questionnaire and obtain a medical release from their healthcare provider prior to the first class. These documents will be mailed to participants.**

Registration Request (4J Employees Only)

Name: _____

Address: _____

Phone: _____

Please complete and return this form to:

Jennifer Wagner, LPN, BS, COPES Coordinator
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Phone (541) 228-3030 jwagner@cascadehealth.org