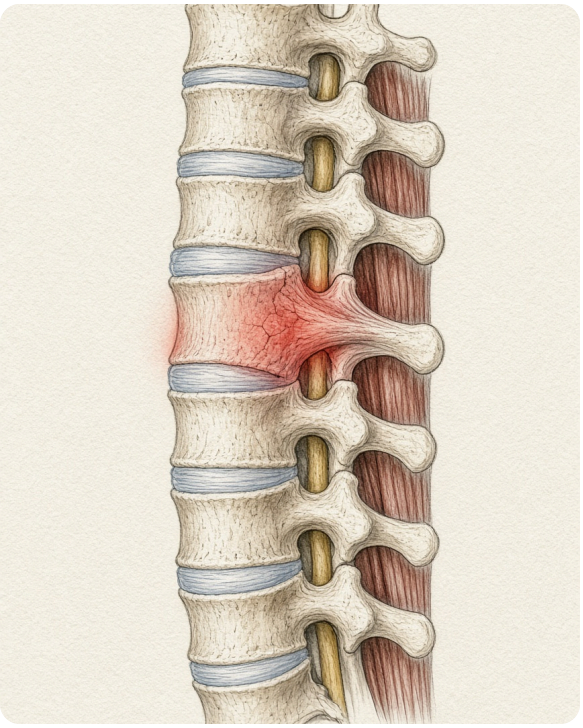
ARMIN PHYSIO



PATIENT GUIDE

Compression Fracture

Sudden back pain? It could be a **spinal compression fracture.**

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What is a compression fracture?

A spinal compression fracture happens when one of the vertebrae weakens and partly collapses, most often because of osteoporosis, but sometimes after a fall or injury. **A suspected compression fracture should be assessed by a doctor before you start exercising.** Once you're cleared, rehab focuses on safe movement, posture, back extensor and leg strength, and balance.

QUICK CHECK

Does this sound like you?

- [ ] **Pain across the back** when you bend down
- [ ] Pain across the back with **rotation**
- [ ] **Sudden** mid or low back pain
- [ ] Worse with **standing, walking or lifting**
- [ ] **Loss of height** or a more stooped posture over time

If this sounds like you, see a doctor first. Start the 3 exercises on the next pages only once you're medically cleared.



Pain across the back bending down



Pain with rotation

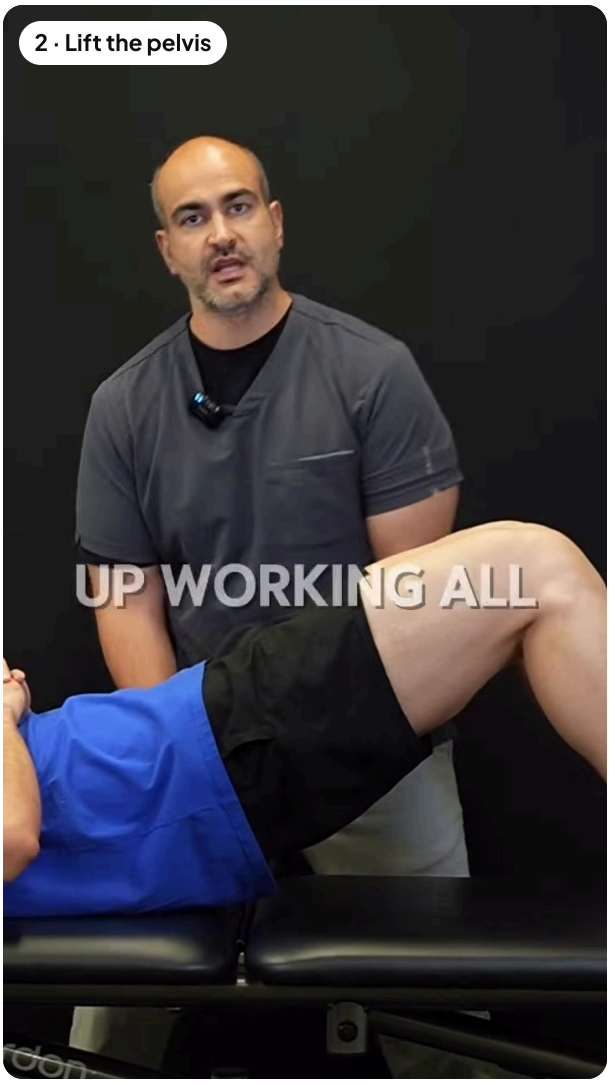
YOUR 3 EXERCISES

Try these exercises

1 Core bridge

Works your core, glutes and back extensors without bending the spine





1. **Lie flat on your back** with your knees bent.
2. **Activate those core muscles.** Imagine like someone's going to punch you in the stomach, just tightening things up.
3. **Press through your heels** and **lift your pelvis up** as much as you can tolerate, activating the glutes and the low back.
4. **Go back down slowly** and repeat.

2–3 sets of 10, slow and controlled

Suggested dosing

Stop if you feel sharp or increasing back pain, pain above about 4/10, or any new numbness, tingling or weakness.

2 Band row

Strengthens the upper-back extensors that support the low back



1. **Hold on to a band** for resistance like so.
2. **Pull the band in all the way**, squeezing the shoulder blades.
3. **Go right back out** and repeat. This works the extensors of the upper body, which also support the low back.

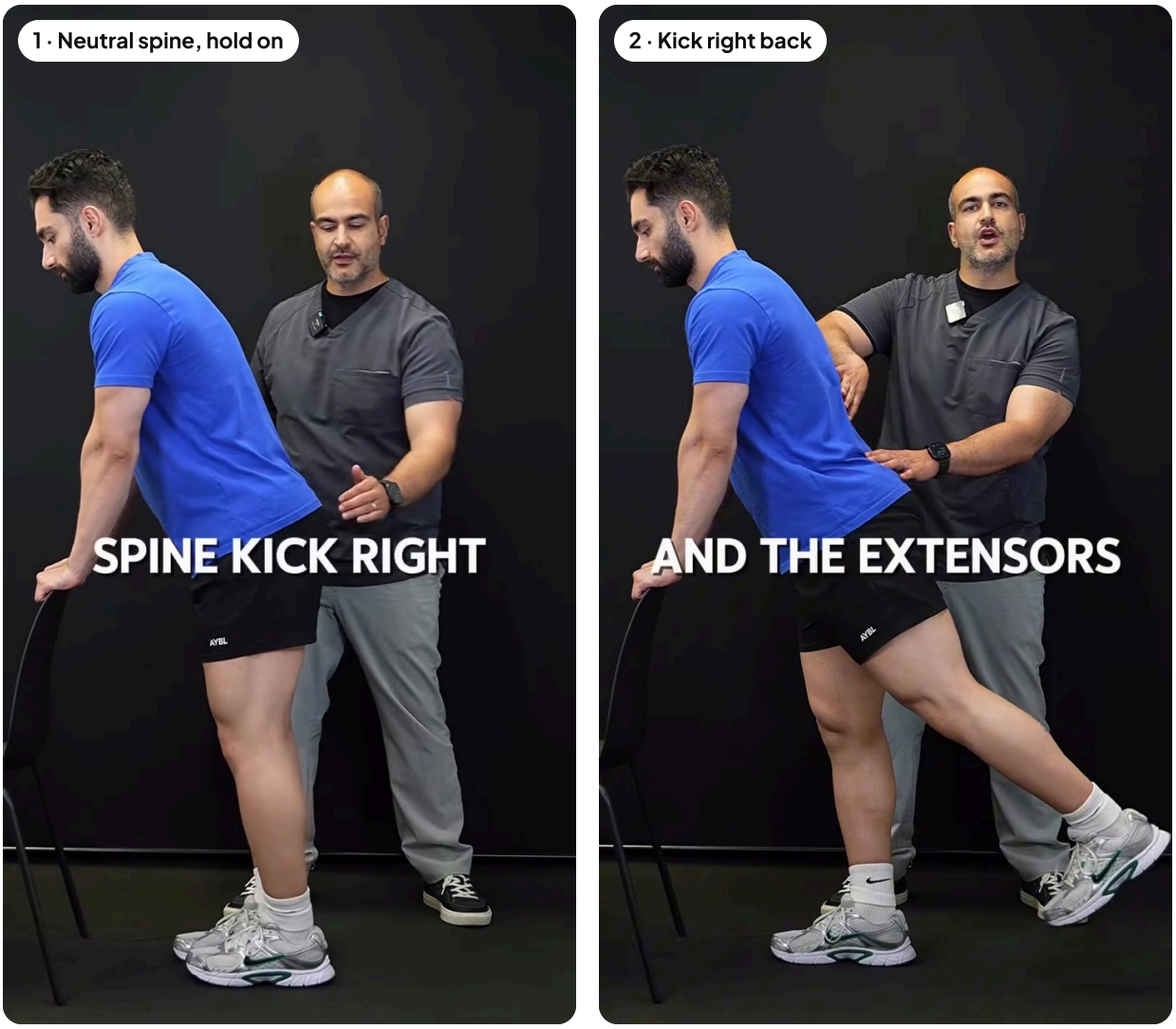
2–3 sets of 10

Suggested dosing

Stop if you feel sharp or increasing back pain, pain above about 4/10, or any new numbness, tingling or weakness.

3 Standing kick-back

Activates the glutes and back extensors with a neutral spine



1. **Hold on to something** for support.
2. **Keep a neutral spine** (don’t arch or round your back).
3. **Kick right back**, activating the glutes and the extensors.
4. **Hold it**, go right back and repeat.

2–3 sets of 10 each leg

Suggested dosing

Stop if you feel sharp or increasing back pain, pain above about 4/10, or any new numbness, tingling or weakness.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01	02	03
Activate	**Upper back**	**Glutes**
Core bridge	Band row	Standing kick-back

Armin's description gives no set counts, so the 2–3 sets of 10 and doing it once a day are suggestions, **only after you've been medically cleared**. Keep your spine neutral; no repeated bending or twisting until you've been given guidance. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp or increasing back pain
- New numbness, tingling or weakness in your legs
- Pain that lingers or is worse the next day

If your pain started after a fall, or you have osteoporosis, get an assessment and imaging as advised by your doctor before exercising.

SAFETY FIRST

Get checked right away if you have

- **Numbness in the groin or saddle area**, or new **bladder or bowel** changes (trouble peeing, or losing control)
- Leg **weakness that is getting worse quickly**, foot drop, or symptoms in **both legs**
- Back pain after a **fall, accident or heavy impact**
- Back pain with **fever**, feeling unwell, or **unexplained weight loss**
- **Constant pain at night** that doesn't ease with rest or changing position
- A history of **cancer**, osteoporosis or long-term steroid use with new back pain

For numbness in the groin or saddle area, new bladder or bowel changes, or quickly worsening leg weakness, **go to the nearest emergency department right away**. For the others, see a doctor promptly. If your back isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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