



## WELLPATH'S HEALTHY BACK PROGRAM



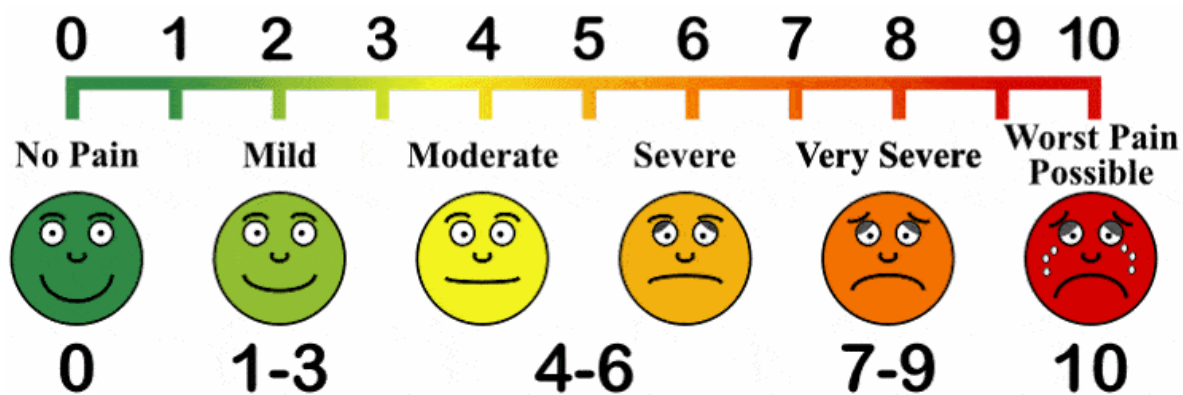
### **SPECIFIC SYMPTOM AND FUNCTIONAL BASELINES:**

CHOOSE AN EXERCISE FROM THE LIBRARY FOUND IN THE RESOURCES (EXERCISE) AREA OF [WWW.WELLPATH.INFO/CHALLENGES](http://WWW.WELLPATH.INFO/CHALLENGES). FOR THIS ACTIVITY ONLY YOU WILL CREATE A SYMPTOMS AND FUNCTIONAL BASELINE. YOU WILL USE THESE BASELINES TO TEST IF THE EXERCISE IS RIGHT FOR YOU.

**BASELINE ACTIVITY** (EXERCISE 1): CHOOSE AN EXERCISE AND WRITE DOWN THE NAME BELOW:

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

START A NEW SPECIFIC SYMPTOM AND FUNCTION BASELINE LOG WHEN YOU AND REPEAT THIS PROCESS WHEN YOU START YOUR NEXT EXERCISE.

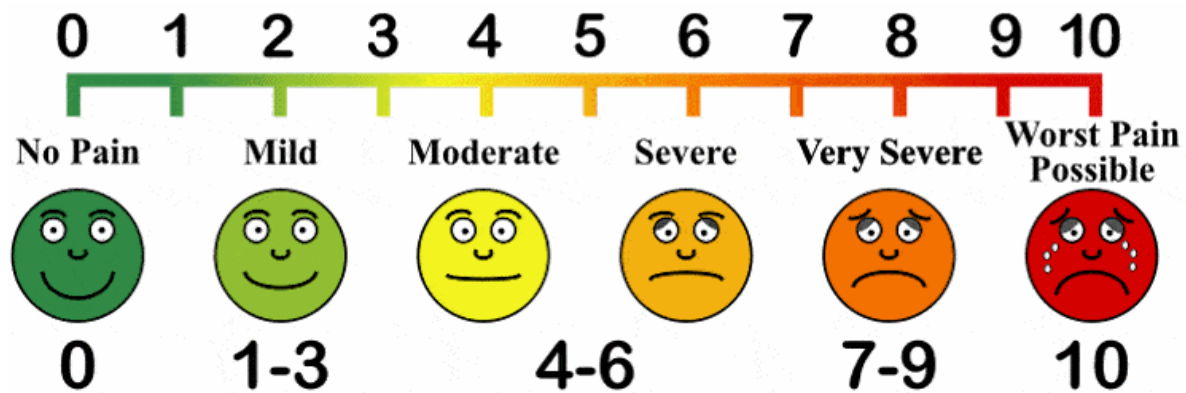
THE GOAL IS TO HAVE 8 – 10 EXERCISE THAT YOU CAN DO IN UNDER 20 MINUTES THAT YOU HAVE PROVEN WILL HELP YOU TO KEEP YOUR BACK HEALTHY.

**BASELINE ACTIVITY** (EXERCISE 2): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

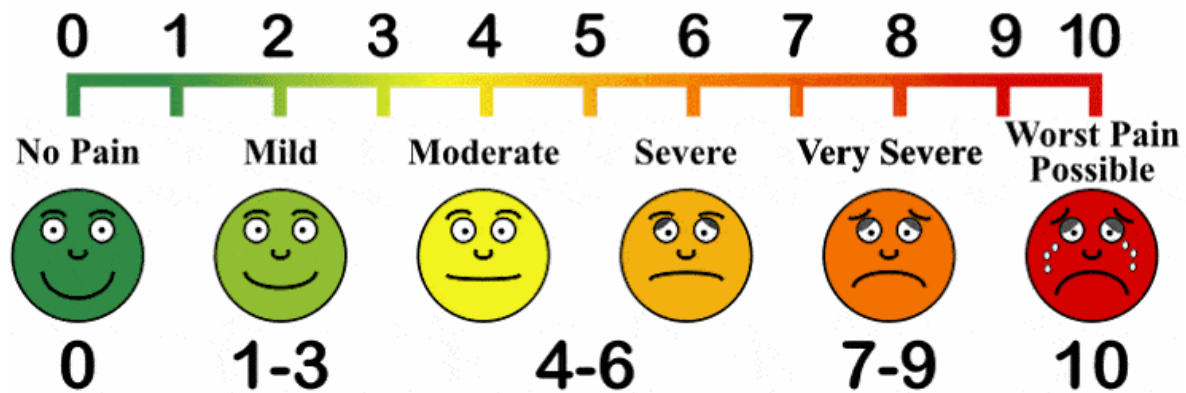
IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

**BASELINE ACTIVITY** (EXERCISE 3): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

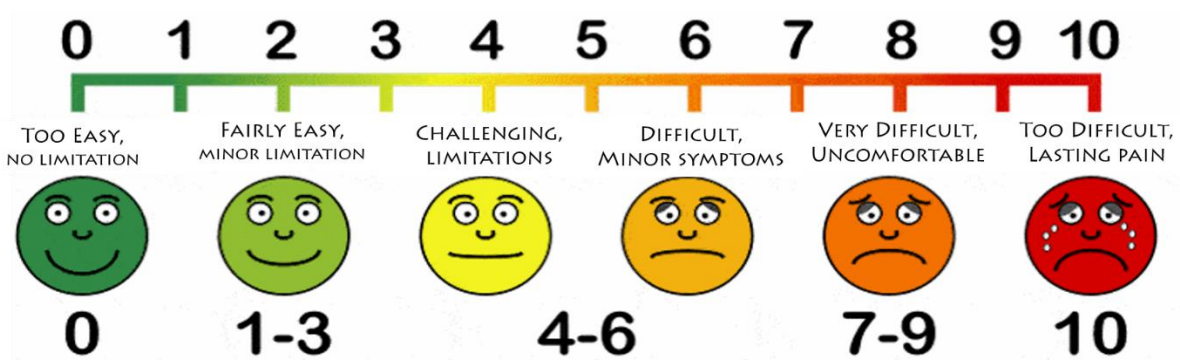
---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

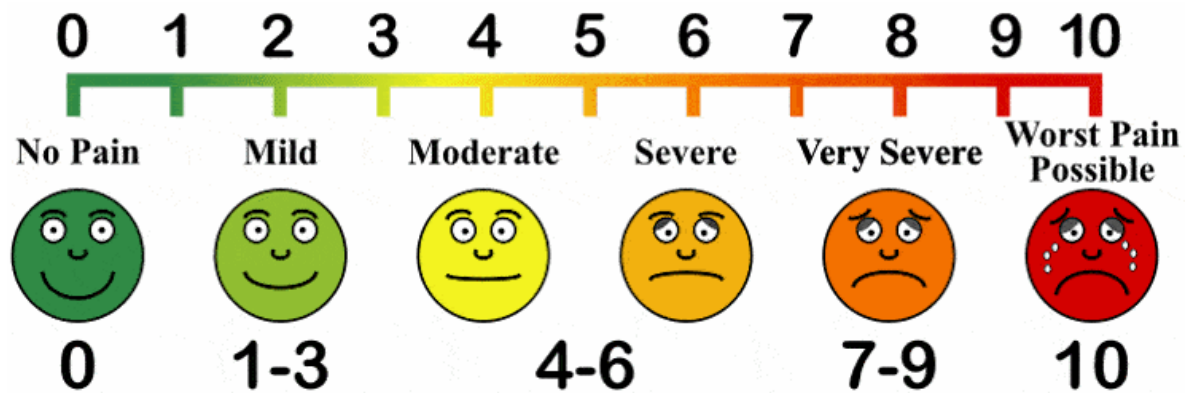
IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

**BASELINE ACTIVITY** (EXERCISE 4): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

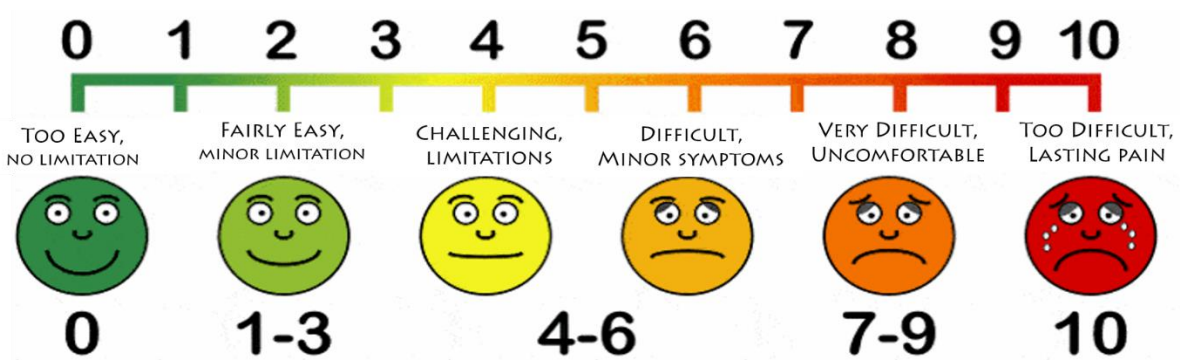
---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

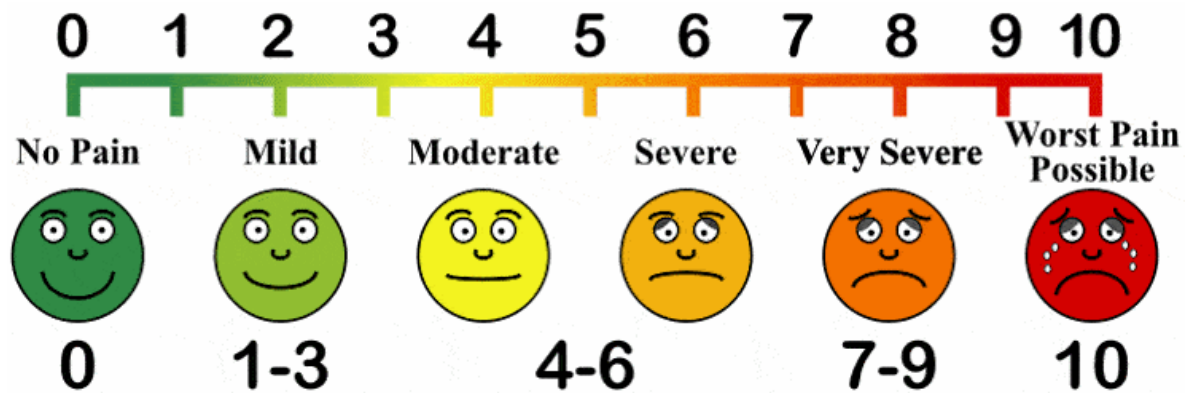


**BASELINE ACTIVITY** (EXERCISE 5): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

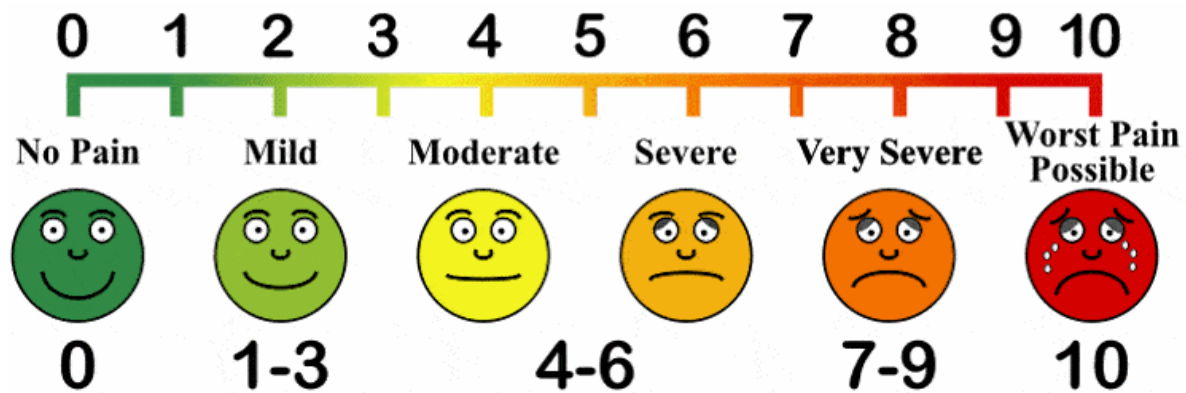
IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

**BASELINE ACTIVITY** (EXERCISE 6): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

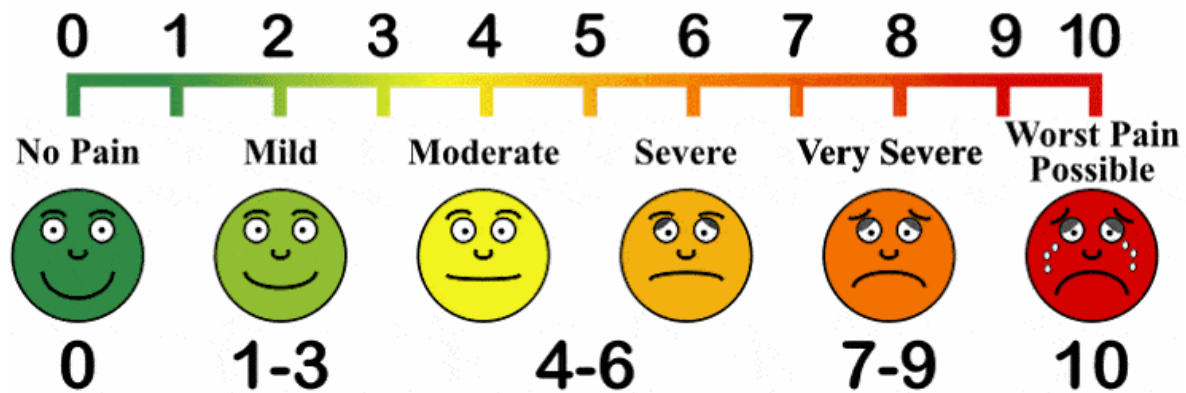
IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

**BASELINE ACTIVITY** (EXERCISE 7): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

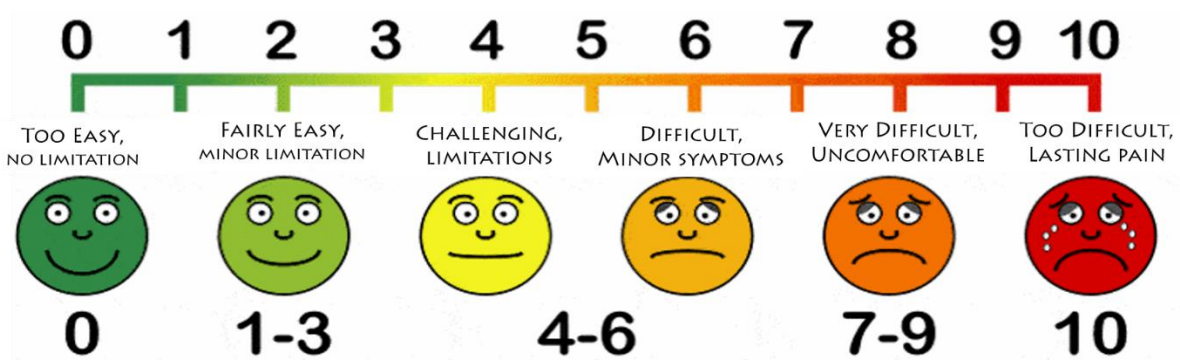
---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

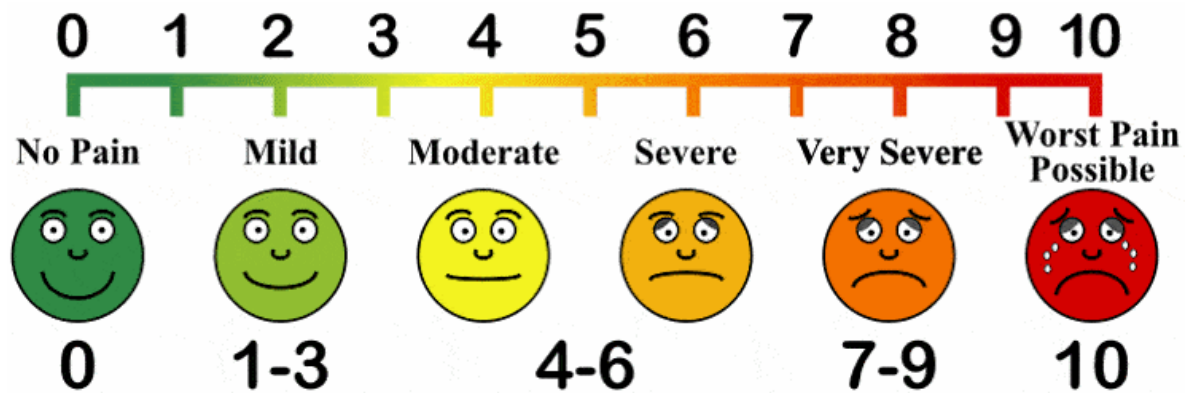
IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.

**BASELINE ACTIVITY** (EXERCISE 8): ONCE YOU HAVE ESTABLISHED WHETHER OR NOT TO KEEP THE PREVIOUS EXERCISE, CHOOSE ANOTHER EXERCISE AND WRITE DOWN THE NAME BELOW:

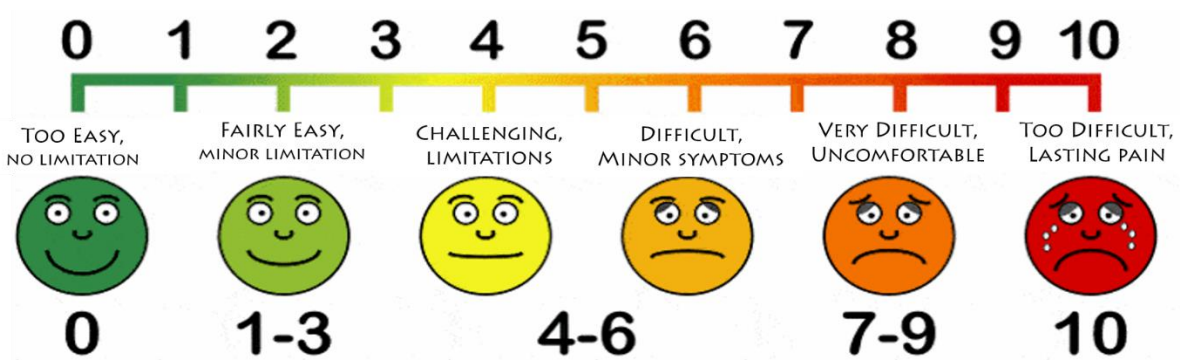
---

**NOTES** (MAKE ANY NOTES HELPFUL TO PERFORM THE EXERCISE CORRECTLY):

NOW PERFORM THE EXERCISE AND THEN RATE IF THE EXERCISE CAUSES ANY SYMPTOMS SUCH AS PAIN, NUMBNESS, STIFFNESS, BURNING, TINGLING, OR FATIGUE.



RATE THE DIFFICULTY YOU FEEL WHEN DOING THIS EXERCISE:



EACH TIME YOU PERFORM THE EXERCISE COMPARE THE EXPERIENCE WITH THE BASELINES YOU SET THE FIRST TIME YOU PERFORMED THE EXERCISE.

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, ARE YOUR **SYMPTOMS**:

**BETTER?**                      **SAME?**                      **WORSE?**

COMPARED TO THE FIRST TIME YOU DID THE EXERCISE, WOULD YOU SAY YOUR PERFORMANCE OR **FUNCTION** IS:

**BETTER?**                      **SAME?**                      **WORSE?**

IF THIS EXERCISE IS MAKING YOUR SYMPTOMS FEEL BETTER OR THE SAME AND IF YOU ARE ABLE TO DO THIS EXERCISE BETTER (MAYBE YOU CAN DO MORE REPS AND SETS) AFTER YOU DO IT FOR 3 – 6 TIMES, THEN KEEP THIS EXERCISE AS PART OF YOUR NEW HEALTHY BACK ROUTINE. IF THE EXERCISE IS NOT HELPING OR MAKING YOU SYMPTOMS OR FUNCTION WORSE, STOP DOING IT AND TRY A NEW EXERCISE.