

# Personal Back Coach

## Overview

# A Few Facts

- Sprains and strains are the most common type of injury that results in missed days of work. Over 50% of all sprains and strains occur in the back. (U.S. Bureau of Labor Statistics, 2004)
- The good news! Over 90% of back pain is **not** caused by a serious health problem that will require medical treatment, like surgery

# Let Us Help You

- By joining Personal Back Coach you will:
  - learn how to prevent and manage back problems so you can continue your normal daily activities and doing the things you enjoy
  - receive individualized support to help you take action to manage your back problems
  - become more confident about your body and less worried about your back condition

# Is This For You?

- Personal Back Coach is for you if:
  - you've never had any serious back pain, or
  - you experience back aches and discomfort that you manage on your own, or
  - you've been evaluated and treated by a physician for a back problem (may require physician approval for participation)

# However.....

- Personal Back Coach is **not** for you at this time if:
  - you are pregnant
  - you have been diagnosed and currently have:
    - spinal tumor
    - spinal infection

# How the Program Works

- You'll work with a Personal Back Coach Coach.
- All Coaches are health professionals specially trained to provide individualized support.
- Your Coach may have a background in:
  - Exercise Physiology and Fitness
  - Health Education
  - Nursing

# Coaches

- What do Coaches do?
  - work with you to determine your goals
  - assist you in reaching your goals
  - provide a positive, supportive voice for you as you make healthy lifestyle choices



# How the Program Works

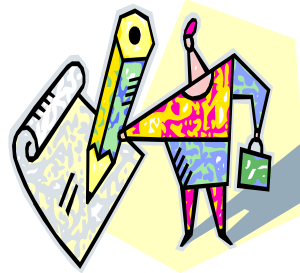
- You'll have unlimited access to the Personal Back Coach website, with information about healthy back care
- The website focuses on three areas:
  - Posture and Body Mechanics
  - Physical Activity
  - Managing Stress

# How the Program Works

- With the help of your Coach, you set a behavioral goal in one of the focus areas:
  - increasing physical activity
  - using stress management techniques
  - using good posture and proper body mechanics
- Your Coach will take your goal and break it into specific weekly goals that gradually help you reach your larger goal

# Goals

- Examples of goals:



- take a 5 minute stretch break every hour while working at the computer
- do 20 minutes of stretching exercises 5 days a week
- do 2 minutes of deep breathing twice a day, away from my work area

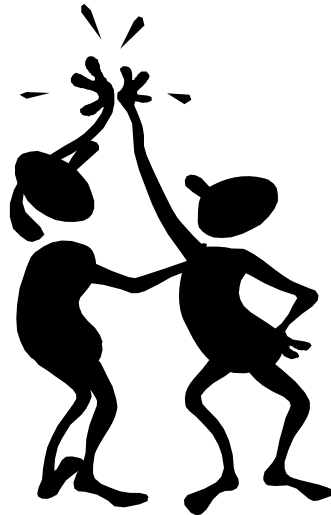
# How the Program Works

- You'll have weekly contact from your Coach via email to help keep you on track with your goal, problem solve, and support you
- You can email your Coach with questions at any time and as often as you like



# Goals Lead to Action

- Personal Back Coach is about taking action to prevent or manage any back problems
- Incorporating new habits into your lifestyle is work and takes time!



# Cost

\$75  
for the 6-week program

# Please Read

- The information contained in Personal Back Coach is intended for educational purposes only.
- Participation in Personal Back Coach is not a substitute for medical care or the judgment of your health care professionals.
- You should always consult your physician for any questions about your specific health status or conditions.

# Please Note

- You will need your physician's approval before joining the program if:
  - you have seen a physician within the last 3 months for a back problem and are actively under medical treatment for that condition
  - you've had back surgery within the last 12 months and have activity restrictions
  - you are currently out of work on disability for a back injury or back pain

# Approval Form

- If you need your physician's approval before joining the program, please contact us before registering
- Click here to [contact us by email](#)  
or
- Call 703-698-2434 during business hours (Mon. – Fri., 8:30 am – 5 pm EST)

# When Can I Start?

- You can start at any time with Personal Back Coach
  - due to limitations on the Inova Health System website, it will appear that you can only start on the last day of the month ~ that is **INCORRECT**
- You will be able to start working with your Coach within days of registering

# Join Us!

Ready to get started with  
Inova HealthSource's Personal Back Coach?

- Register online  
or
- Call Teleservices at 703-750-8800