

*Introducing the new*

# Chronic Low Back Program

at The Nelson Wellness Center at Grand Arbor



The **CLuB Program** helps address the unique wellness needs for those afflicted by debilitating chronic low back pain. Created to provide exercise, education, stress relief and lifestyle awareness, this new program offers insight and hope for dealing with the struggles of low back pain. This carefully designed program puts you on a path for success by incorporating a combination of specific **water-based** exercises in a supportive, instructor led environment along with options for land based exercise and conditioning.

## Program Creators



**Elizabeth Klocker, DPT, Knute Nelson Physical Therapist** has a Doctorate of Physical Therapy degree from The College of St. Scholastica in Duluth, MN. She hopes that those who participate in the CLuB program gain information and insight into managing their chronic back pain in order to improve their personal wellness.



**Alice Schmitz, Knute Nelson Aquatics Coordinator** is a Certified Aquatics Instructor and Senior Personal Trainer from the American Senior Fitness Association. She hopes that CLuB participants learn relaxation techniques that they can use in the pool as well as on land. She wants those in the CLuB program to be more aware of their bodies and recognize when they might need to take a break or make a lifestyle change.

## Where do I start?

A recent evaluation by a Physical Therapist is required to assist in preparing you to begin the wellness side of this chronic low back pain specific program. Grand Arbor Outpatient Therapy has Physical Therapists available to perform a thorough evaluation of your chronic mid or low back pain OR you may be referred by another local Physical Therapist that you have seen for your chronic low back pain within the past 3 months. Your Physical Therapist will determine your current status and your ability to tolerate aquatic activity before determining if you are appropriate for this wellness class. There may be indication to address some underlying issues and receive general education with ongoing physical therapy services prior to starting this wellness program. This therapy visit is to ensure your success and to make sure you are appropriate to participate in group wellness classes. We can assist you in getting an order for a PT evaluation from your primary care physician or specialty physician at your request.

*"I used to try and get through as much exercise as I could with the time I was given and because of that my back suffered. I learned early and was reminded often throughout the CLuB pilot, to use slow and controlled movements and RELAX when exercising. Knowing that I took away as much as I did from just the pilot program has me very excited for the full CLuB program. After going through the pilot I very highly recommend this program and am looking forward to being the first to sign up for the CLuB program."*

- Mary

*"I use a walker and have had to use a walker for years because of my chronic low back pain. I did the pilot program to see if I could learn new ways to counteract the back pain I've dealt with for so long. I took away from Class that it was very relaxing and the slow, controlled movements helped ease my back pain. At points throughout class it felt like I was walking on clouds, which for a person with back problems as bad as mine, is saying a lot."*

- Mavis

## Next Steps

Guided instruction in a warm water pool will be beneficial for CLuB participant's. It will assist in alleviating pain, increase movement, provide a gentle environment for strengthening and balance, and can teach you how to manage symptoms in order to live life to the fullest!

In addition to the aquatic classes, we'll introduce you to a variety of other fitness options that will keep your ongoing wellness interesting and sustainable.

For more information or to schedule an appointment with one of our Physical Therapists call Grand Arbor Outpatient Therapy at (320) 759-4616.

*Grand Arbor Wellness Center Membership is required to access the CLuB program. This allows access to our full facility to broaden your wellness options.*

