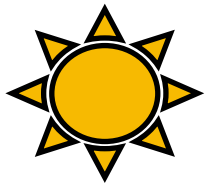


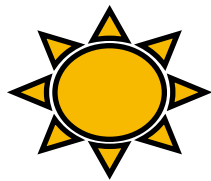
Mindfulness-Based Stress Reduction (MBSR) Strategies for Low Back

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What is Mindfulness-Based Stress Reduction



A patient-centered educational approach using **Mindfulness Meditation**, helping individuals to live a healthy and adaptive lifestyle for Low Back Pain

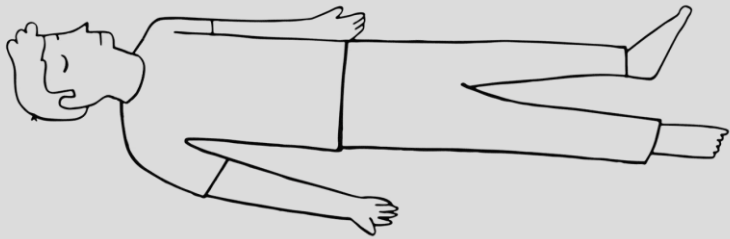


MBSR Strategies:

- **Seated Meditation**- awareness of breath, body, feelings, and thoughts in a comfortable seated position
- **Walking Meditation**- awareness of breath, body, feelings, and thoughts while walking in your everyday environment
- **Hatha Yoga (Sun & Moon Yoga)**- this type of yoga focuses on awareness of breath through gentle postures and with regular practice can improve your strength, flexibility, and balance
- **Body Scan Awareness**- lying down practice of intentionally moving through the body bringing awareness to a variety of sensations with empathy and not judgement (see for more information on following page)



BODY SCAN MEDITATION



STOP, BREATHE & THINK

- Set your own time limit
- Can be done at any point of the day
- You can do it laying down, seated or even standing
- Use a space with little to no distractions and using a blanket if you easily become cold
- Practice for uniting body and mind, improving concentration, releasing tension, and focusing on breath

- Start by closing your eyes and noticing the sensations in your left toes, focusing your breath towards your toes
- Follow this pattern through the rest of your foot into your heel, then ankle, continuing up to the calf, knee, thigh, and hip
- Duplicate this pattern for your right leg
- Next, scanning and bringing breath and awareness, to your pelvis, low back, abdomen, chest, shoulders, arms, hands, neck and head
- Finally, bring awareness to the body as a whole and the connection of breath flowing gently in and out



Physical sensations you might notice with the body scan

tingly	burning	pounding	throbbing	trembling	light/heavy
tight/loose	shooting	stinging	airy	cutting	tense/relaxed
soft/rough	prickly	pulling	burning	vibrating	cool/warm
stiff/flexible	numb	numb	achy	sinking	clammy/dry
airy/dense	shaky	itchy	pulsing	achy	dull/sharp

Emotional reactions you might notice

impatience/wanting to stop	neutral	enjoyment/wanting to continue
release	joy	fear
disgust	surprise	anger
		frustration
		grief
		anticipation
		pride
		shame

Thoughts that may occur

Reviewing the past	Imagining the future	Thinking about others
Planning	Evaluating/analyzing	Circular thinking
Wishing/hoping/comparing	Labeling/cataloguing	Judging your experience