



# Information Prescription

[www.spineinformation.org](http://www.spineinformation.org)

## ■ SPINECARE PRODUCTS

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Adjustable Thermal Lumbar Support | <input type="checkbox"/> Wheel Chair         | <input type="checkbox"/> Physioball (Exercise) Ball |
| <input type="checkbox"/> Aqua Jogger Vest                  | <input type="checkbox"/> Lumbar Support      | <input type="checkbox"/> Orthopedic Pillow          |
| <input type="checkbox"/> AFO                               | <input type="checkbox"/> Lumbosacral Support | <input type="checkbox"/> Portable Massager          |
| <input type="checkbox"/> Bed Wedges                        | <input type="checkbox"/> Massage Chair       | <input type="checkbox"/> Recliner Chair             |
| <input type="checkbox"/> Electric Wheel Chair              | <input type="checkbox"/> Mattress            | <input type="checkbox"/> Traction Unit              |
| <input type="checkbox"/> Exercise Foam/Rollers             | <input type="checkbox"/> Neck Brace          | <input type="checkbox"/> Topical Analgesic Agent    |
| <input type="checkbox"/> Fall Alert System                 | <input type="checkbox"/> Orthotics (Custom)  | <input type="checkbox"/> TENS Unit                  |
| <input type="checkbox"/> Intricate Spine Book              | <input type="checkbox"/> Orthotics (OTC)     | <input type="checkbox"/> Theracane                  |
| <input type="checkbox"/> Kinesiotape                       | <input type="checkbox"/> Pedometer           | <input type="checkbox"/> Three Prong Cane           |
| <input type="checkbox"/> Other _____                       | _____  | _____   |

## ■ TREATMENT

- |                                    |  |  |
|------------------------------------|--|--|
| <input type="checkbox"/> Self Care | <input type="checkbox"/> Non-Surgical Procedures | <input type="checkbox"/> Surgical Procedures |
|------------------------------------|--|--|

## ■ GENERAL EDUCATION CATEGORIES

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Spinal Anatomy                   | <input type="checkbox"/> Spinal Cord Injury           | <input type="checkbox"/> Exercise                   |
| <input type="checkbox"/> Tissue Adaptation and Remodeling | <input type="checkbox"/> The Intervertebral Disc      | <input type="checkbox"/> Role of Diet and Nutrition |
| <input type="checkbox"/> Pregnancy and Back Pain          | <input type="checkbox"/> Stages of Spine Degeneration | <input type="checkbox"/> Weight Management          |
| <input type="checkbox"/> Sleep and the Spine              | <input type="checkbox"/> The Aging Spine              | <input type="checkbox"/> Posture and Spine Health   |
|   |   | <input type="checkbox"/> Inflammation and the Spine |

## ■ PROPER BACK SUPPORT

## ■ PROSTHETIC DISC

## ■ OTHER \_\_\_\_\_

Healthcare Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

Your attending healthcare professional has recommended that you learn more about the above marked topics and that you join the International Spine Association (ISA). To access the information go to the ISA Public Information Center (PIC) at [www.spineinformation.org](http://www.spineinformation.org)

Join the International Spine Association and stay informed about available spinecare and what you can do to improve your spinehealth. Membership is FREE.