

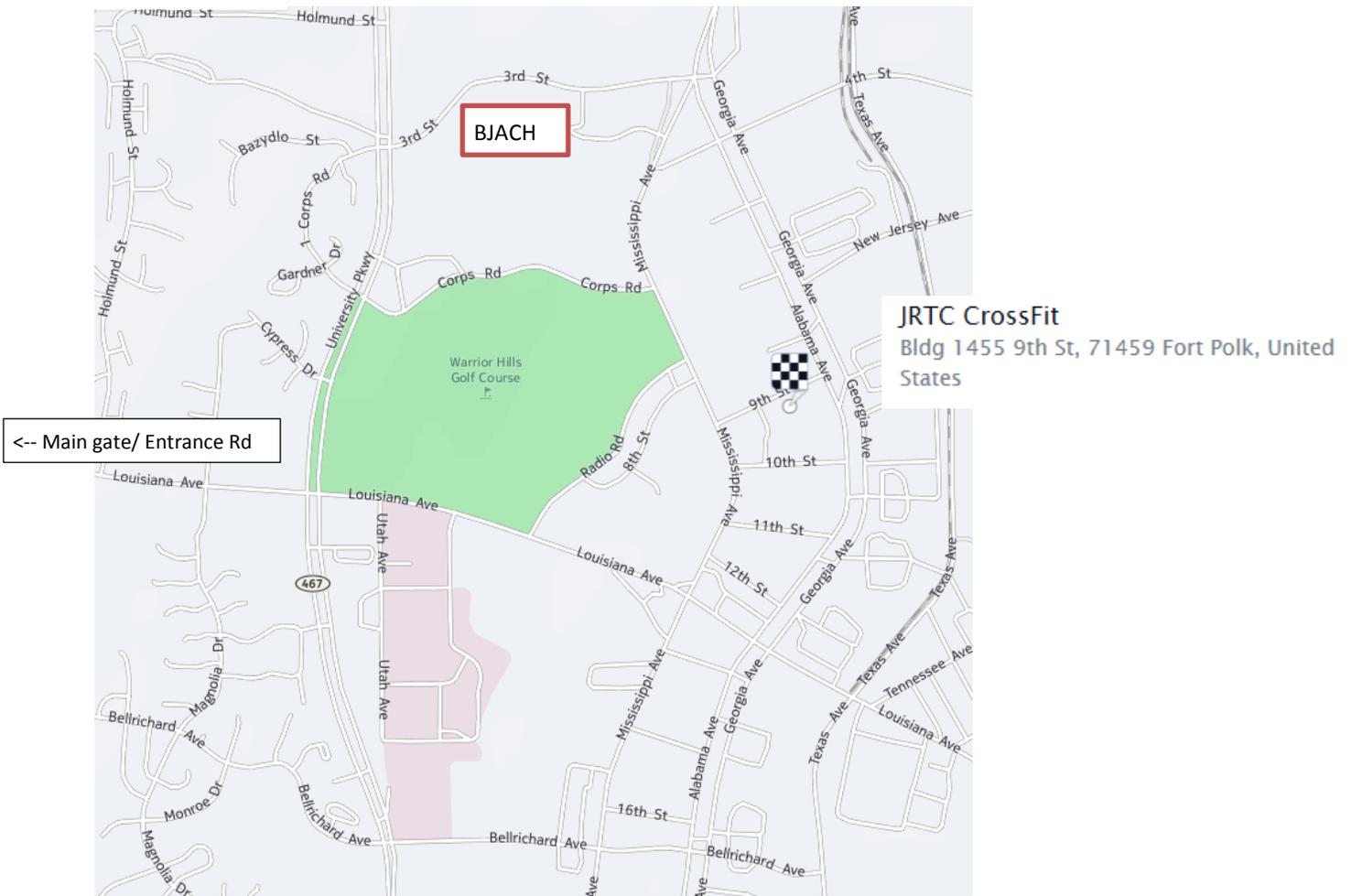


DEPARTMENT OF PHYSICAL THERAPY
First floor, BJACH, Rehabilitative Services Department
(337) 531 - 3203



Back Class Information Sheet

1. The purpose of the Back Class is to provide instruction and guidance on exercises, stretches and mobility drills to treat mechanical low back pain, as well as to familiarize you with the exercises and progress you to full independence with a home program.
 - a. Once you begin these classes, you are responsible for conducting the exercises on the Handouts provided outside of normal class hours at total of 3-5 times per week. Further guidance on reps/sets/frequency is in the Flow Sheet or Handout.
 - b. All profile questions/extensions are directed to your PCM or supervising Physical Therapist. If you have not yet had an initial evaluation with a Physical Therapist, you will need to schedule an appointment through the Rehab Services Front Desk.
 - c. If you require an appointment memo, please contact the Rehab Services Front Desk.
2. Classes will be held weekly on Tuesdays and Thursdays at the following location/time:
 - a. **LOCATION:** Fort Polk Moral Welfare and Recreation's (MWR) **JRTC CrossFit gym: Bldg 1455 9th Street, Fort Polk, LA 71459**; phone: (337) 531-2794 (see map).
 - b. Contingent location will be the BJACH Rehab Services Conference Room (1st floor).
 - c. **TIME: 0900-1000.** Be willing to dedicate 45-60 minutes to the session.
3. **ATTENDANCE:**
 - a. Appointments are on a walk-in basis only. Your appointment slot will be created by the Class Instructor only if you attend the entire session. If you are >10 minutes late, you will not be given an appointment slot and will have to attend the next available class. Those who are consistently late will be discharged from Physical Therapy for non-compliance.
 - b. You are required to sign in at the front desk of JRTC CrossFit/MWR with your CAC/ID card.
 - c. You will also check in with the Class Instructor and fill out a Sign-In Sheet.
 - d. **All patients will arrive 15 minutes prior to the start of class.** First-time attendees will fill out paperwork.
- d. **UNIFORM:**
 - a. Summer PT uniform (IPFU or APFU). If you have a profile, ensure you have a copy on your person.
 - b. You are responsible for bringing your assigned Flow Sheet, CAC/ID card, and any exercise equipment (i.e., resistance bands) given to you by Physical Therapy to every Class you attend.
- c. Please be dressed and ready to begin exercises at **0900**.
- d. Please clean up after yourself at the gym. BJACH/MWR are not responsible for any lost or stolen items.
- e. Please refrain from using your cell phone during the treatment session as it detracts from your care and can distract your provider and other patients.
- f. Any questions or concerns may be directed to the Class Instructor, your supervising Physical Therapist or the Physical Therapy Clinic at (337) 531 – 3203.



From Bayne-Jones Army Community Hospital:

1. Exit the patient parking lot onto 3rd Street and go east.
2. Turn right on Alabama Ave, and then turn right on 9th Street.
3. The gym is located in the same building as the Home of Heroes Soldiers' Recreation Center and Pizza Hut.
4. Enter the building's front entrance and follow signs toward JRTC CrossFit (located in the back of the building in a large room toward the left).
5. Sign in at the front desk with your CAC/ID card.