

Norflex[®]
FULLY FUNDED¹

UNWIND YOUR PAIN



You have been prescribed Norflex by your healthcare professional to help your painful muscle spasm associated with back pain, neck pain or shoulder tension.

To help manage these conditions, please follow these guidelines for stretching, back care and good posture.

STRETCHES TO RELIEVE MUSCLE TENSION FROM SITTING

Sitting for prolonged periods while working at a desk or travelling can cause uncomfortable tension in the neck, shoulders and back. Furthermore, veins in the lower leg can become compressed. This prevents blood from flowing back to the heart, causing it to pool in the lower legs and increases the risk of blood clots. Here are some simple stretches that you can perform to help relieve muscle tension and improve blood flow through the legs. Hold each of the stretches for a few seconds, relax and then repeat 3 - 5 times.

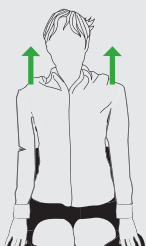
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Stand on a firm floor or sit on a chair. Move your head forward and backward. Then move your head sideways so that ears touch your shoulder. Then slowly move your head in a circle firstly clockwise then anti-clockwise.

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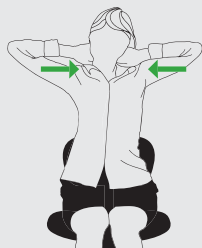
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Shrug your shoulders by lifting them up towards your ears. Hold the tension for a few seconds, then gently drop your shoulders and relax them completely.

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3



To help relieve tension in your upper back, put your hands behind your head and pull your shoulder blades together. Hold the tension for a few seconds and repeat.

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4



Clasp your fingers together and push your arms out in front of you with your palms facing forward. You will feel a stretch in your upper back. Hold for a few seconds and relax.

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5

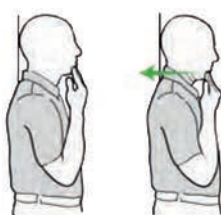
Repeat the above exercise, but this time stretch your arms above your head with your palms facing the ceiling.



You will feel a stretch in your arms, shoulders and upperbody. Relax and repeat.

AM/PM

6



From a neutral posture, pull your chin straight backwards, in effect attempting to make a double chin. Do not force this movement, aim for 70-80 % of your full range of motion when going back into retraction. Keep your chin neutral or horizontal. Try not to tilt your head back into extension, or tilt it down excessively.

Hold the neck retraction or chin tuck position for two to three (2-3) seconds, then release your neck back towards neutral position.

If this movement is difficult in the beginning, you can use your thumb or fingers to gently push your chin/neck backwards, to get comfortable with the movement. Eventually however, use your own muscles to do this movement, to strengthen your deep neck flexors.

AM/PM

7

Kneel with your left knee on the floor and your right leg at a 90-degree angle in front of you.



Put your hands on your right knee and keep your back straight. Keeping your left knee pressed to the floor, lean forward into your right hip while squeezing the muscles in your left buttocks. Hold for 30 seconds. Repeat on the other side.

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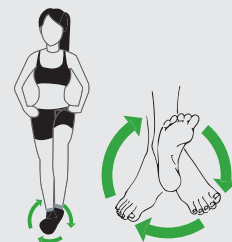
8



To help relieve tension in your lower back, lean forward at the waist, over your knees, and touch the floor. Hold that position for 10-20 seconds and return to a sitting position.

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9



Roll your ankles and move your feet up and down.

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10

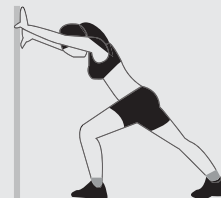
From a standing position, raise your heels off the floor to stand on your toes. Gently return to a standing position and repeat.



You may choose to hold on to something to prevent falling while performing this exercise.

AM/PM

11



From a standing position, hold onto a chair or wall to stabilise yourself and stretch your calf muscle by stepping back with one leg and bending slightly at the opposite knee. Extend the leg behind you and lower your heel to the floor. Hold this position for 10 seconds and repeat with the other leg.

AM/PM

12

If possible, take a break every 45-60 minutes. Get up, walk around and stretch if you can.

Remember, stretching should not be uncomfortable. If you feel pain or discomfort on stretching discontinue that exercise and seek medical advice.

BACK CARE EXERCISES

Often back pain is caused by poor posture and tense muscles. Specific back exercises and stretching can help to relax tense muscles, strengthen the back and abdominal muscles that support the spine, and maintain flexibility of the spine. Here are some simple exercises that you can do at home. Before you perform any exercises, you must confirm with your health care provider that they are safe and appropriate for you.

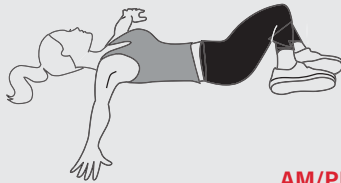
1

LYING TWIST

Strengthens abdominal and back muscles and maintains flexibility.

Repeat 5-10 times.

- 1 Lie on your back.
- 2 Bend your knees, but keep your feet flat on the floor.
- 3 Keeping your back and shoulders flat on the floor, tilt your lower body to the side by bringing your knees down to the floor.
- 4 Hold for a few seconds, then return to the starting position and repeat on the other side.



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2

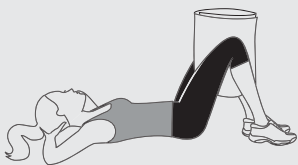
STATIC ABS

Strengthens abdominal muscles.

Repeat 10-15 times.

- 1 Lie on your back with your knees bent and feet flat on the floor.
- 2 Breathe in and as you breathe out, slowly squeeze your abdominal muscles to pull in your abdomen towards your spine. Hold that tension for 5 seconds.
- 3 Breathe in and release the tension.

You may find it comfortable to place a folded towel between your knees, but be careful to keep your legs relaxed and not to squeeze the towel. Concentrate on contracting your abdominal muscles.



END POSITION

AM/PM

EXERCISES CAN HELP to improve posture, improve back function and relieve painful back conditions.

3

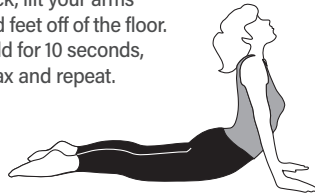
BACK EXTENSIONS

Strengthens the back muscles and maintains flexibility.

Repeat 5-10 times.

- 1 Lie on your front with your head turned to one side.
- 2 Place your hands in a 'press-up' position, so that your palms are flat on the floor directly below your shoulders.
- 3 Arch your back by pushing up with your arms as far as you can without being uncomfortable.
- 4 Hold for 10 seconds, while breathing normally.
- 5 Slowly return to the starting position.

If you feel comfortable, you can repeat this exercise holding your arms straight out in front of you. When you arch your back, lift your arms and feet off of the floor. Hold for 10 seconds, relax and repeat.



END POSITION

AM/PM

4

SINGLE LEG RAISES

Strengthens the abdominals, stretches the muscles in the back of the thigh and exercises the back muscles.

Repeat 5 times with each leg.

- 1 Lie on your back with your arms at your sides.
- 2 Keep your back and head flat on the floor and one leg straight, and bend your other knee, while keeping your foot on the floor.
- 3 Raise your straight leg until you feel your abdominal muscles tighten.
- 4 Hold this position for 5-10 seconds and slowly return your leg to the floor.
- 5 Repeat with the opposite leg.

Only raise your leg as far as is comfortable. Do not arch your back.



END POSITION

AM/PM

5

KNEE HUGS

Strengthens abdominal and back muscles, and stretches the back and buttocks.

Repeat 5-10 times with each leg.

- 1 Lie on your back with your legs stretched out.
- 2 While keeping the small of your back on the mat, slowly bend one leg and bring it up to your chest.
- 3 Keeping your other leg stretched out in front of you, use your arms to pull your leg to your chest, while lifting your head and shoulders off the floor.
- 4 Hold this position for a few seconds, then release.
- 5 Slowly return your leg and head and shoulders to the floor so that you return to the starting position.
- 6 Repeat with the other leg.



END POSITION

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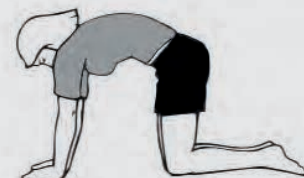
6

CAT COW STRETCH

Strengthens the abdominal muscles and maintains spine flexibility.

Repeat 15 times.

- 1 Begin with your hands and knees on the floor. Make sure your knees are under your hips, and your wrists are under your shoulders. Begin in a neutral spine position, with your back flat and your abs engaged.
- 2 As you inhale, let your belly soften, arch your back, and lift your head and tailbone. This part of the stretch is called cow.
- 3 With an exhale, round your spine up to the ceiling pulling your abs toward your spine, and simultaneously tuck your tailbone in and tuck your chin toward your chest. This part is known as cat.



END POSITION

AM/PM

MAINTAINING GOOD POSTURE

THE IMPORTANCE OF MAINTAINING GOOD POSTURE

Making sure your posture is correct is important to keep your spine healthy and to avoid developing painful skeletal or muscular conditions. If you already suffer from lower back pain, developing and maintaining a healthy posture can help to relieve some of that pain.

1 CORRECT POSTURE WHEN STANDING

- Stand straight, with your head up
- Keep your shoulders back and avoid hunching your upper back
- Your knees and feet should face forward, with your legs relaxed
- Your weight should be supported evenly on both feet
- If you are standing straight, your arms will hang loosely at your sides and not in front of your body
- Try to lengthen your spine by pulling your head towards the ceiling
- Avoid high heel shoes and tight clothing



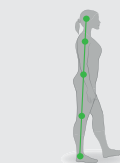
✓ CORRECT



✗ INCORRECT

2 CORRECT POSTURE WHEN WALKING

- Maintain your upright posture, with your shoulders back and properly aligned with the rest of your body
- Keep your head up
- Your arms should be relaxed and swing naturally
- Feet and knees should be facing forward
- Flat feet, or feet that are rotated inward or outward too much change your walking posture and may cause muscle fatigue and pain in your legs or back. If you think this applies to you, visit a podiatrist who will help to modify your footwear and improve your walking posture
- Always wear comfortable shoes and avoid high heels



✓ CORRECT

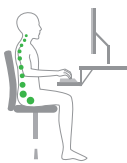


✗ INCORRECT

3 CORRECT POSTURE WHEN SITTING AND WORKING AT A DESK

- Your chair height and back should be adjusted so that you can sit comfortably with your back, legs, arms and neck muscles relaxed
- Keep your back aligned with the back of the chair - avoid slouching or leaning forward

- The angle of the back of the chair should be 90°, or slightly reclining
- Your chair should have a lumbar support that maintains the normal lower curve of the spine
- Adjust your chair height so that your thighs are parallel to the floor with your feet flat on the floor
- Sit with your shoulders straight
- The top of your computer screen should be at eye level
- Your working surface should allow you to keep your forearms slightly angled downwards and your forearms, wrists and hands in a straight line



✓ CORRECT



✗ INCORRECT

Tips to avoid muscle fatigue while working

- Do not cross your legs
- Keep everything you need within easy reach so that you do not have to bend or stretch to reach them
- Keep your mouse close to your keyboard
- If you use the telephone a lot, use a headphone set to keep your hands free while you talk
- Avoid holding the telephone to your ear with your shoulder
- Take a break every 45-60 minutes. Get up, walk around and stretch

4 CORRECT POSTURE WHEN DRIVING

- Adjust your seat so that it is a comfortable distance from the pedals, with your legs relaxed
- Adjust your seat back so that you can hold the steering wheel with your shoulders and upper arms relaxed and elbows bent at 90°
- Your back should be supported by the seat with a lumbar support
- Adjust your mirrors so that you can easily see what is behind you without having to turn your head too much or lean over
- Always wear comfortable shoes and avoid high heels



✓ CORRECT



✗ INCORRECT

Tips to avoid muscle strain while driving

- Maintain your upright posture, don't hunch over the steering wheel or slouch
- Keep both hands on the steering wheel - avoid resting your right arm on the car door
- When you stop, avoid muscle tension in your legs by using the hand brake and not riding the clutch
- If you use a cellular phone in the car, always use a headset or hands-free kit

5 CORRECT POSTURE WHEN LIFTING AND CARRYING

- When lifting or putting down a weight, bend your knees and keep your back straight
- While lifting and carrying, hold the weight close to your body
- Maintain the weight in your legs and not in your back (try not to lean too far forward or backwards)



✓ CORRECT



✗ INCORRECT

Tips to avoid muscle strain while carrying

- It is better to make several trips with lighter loads than one trip with a heavy load
- Use a bag on wheels or trolley to move your load
- Avoid carrying weight with only one side of the body - if possible divide your weight (e.g. shopping bags) into two equal lighter weights and carry one bag with each hand
- If you have to carry with one arm only, switch arms frequently
- If you use a backpack, use both straps - one on each shoulder, and keep your back pack as light as possible

6 CORRECT POSTURE WHEN LYING DOWN

- A firm mattress provides better back support, but choose a mattress that is comfortable for you
- Your pillow should be comfortable and maintain proper alignment of your head and shoulders



✓ CORRECT



✗ INCORRECT

If you have back pain:

- Sleeping on your side or back is usually more comfortable than sleeping on your front
- When lying on your side, try placing a pillow between your knees
- When lying on your back, try placing a pillow under your knees

This leaflet was created in collaboration with Peter Lee, *Masters HPrac (Musculoskeletal)*, *PGD Western Acupuncture, BHSc (Physiotherapy)*, Musculoskeletal and Sports Physiotherapist.

Reference: 1. NORFLEX Data Sheet. 2018.

Norflex® is a prescription medicine containing Orphenadrine Citrate 100mg per dose. Norflex is used to help relax certain muscles in your body to relieve the pain and discomfort caused by sprains, strains or other injury to your muscles. Norflex is also used to treat tension headache and persistent hiccoughs. Norflex has risk and benefits. Consumer Medicine Information can be obtained from www.medsafe.govt.nz. Ask your doctor if Norflex is right for you. Always use strictly as directed. If symptoms continue or you have side effects see your healthcare professional. Norflex is a fully funded Prescription Medicine. Normal doctor's charges apply. Radiant Health Ltd, Auckland, NZ-2023-01-0004. TAPS NP18895. Prepared February 2023. SPRIUKJ20681.