

IMG PHYSICAL THERAPY

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LUMBAR SPINE EXERCISES

Rehabilitation of the Lumbar spine can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt your self with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day / 3 to 5 days per week.

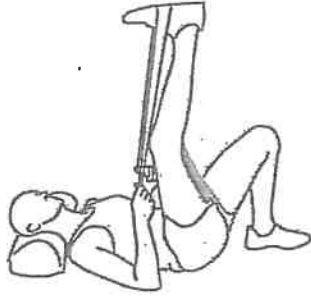
Perform 2 sets of 15 repetitions for strengthening exercises

Stretch 3-15 times, holding 10-30 seconds each time.

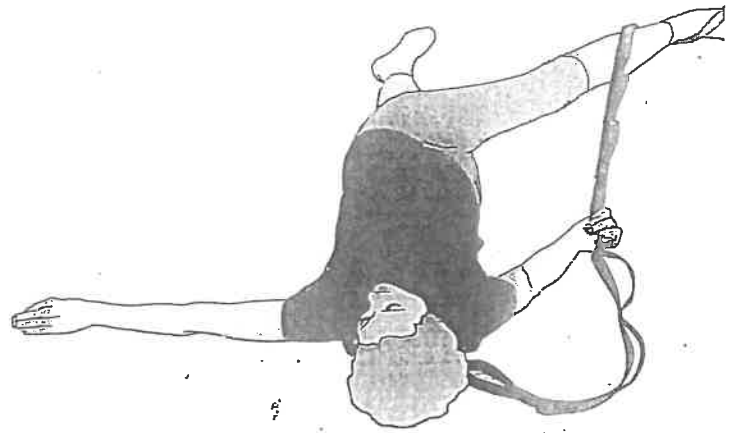
Ice / Moist Heat for 15 minutes before / after exercising.

HIP and KNEE Stretching

Supine Hamstring Stretch



Lie on your back holding the leg with towel as shown and pull until a stretch is felt. Keep the opposite knee BENT. Hold for 30 seconds. Repeat 3 times. Do Once per Day.



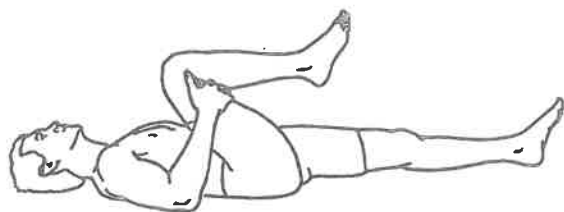
Lie on you back with rope around your foot. Pull leg straight up toward ceiling. When at top, with the leg straight, use the rope to cross your leg over your body toward the bed. Do NOT allow the hip to come off the ground. Hold for 30 seconds. Repeat 3 times. Do Once per Day.



___ Sets of ___ Repetitions for each way

1. Start with the arm and lift to a pain free range while maintaining a straight tight posture by engaging the abdominals.
2. Then do the leg lifts
3. Then alternate one arm and one leg

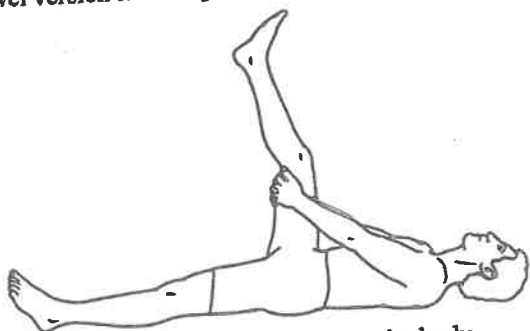
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind **right** knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 3-5 times per set. Do 1 sets per session.
 Do 1-2 sessions per day.

HIP / KNEE - 38 Stretching: New Hamstring (Supine)
 Towel version is on Separate Sheet



1. Flex the hip to a 90 (right angle) from the body.
2. Slowly raise the lower leg until a slight tension is felt.
3. Lightly point the toes forward and backward 5 times.
4. Maintain this position and extend the lower leg a little more and move the toes 5 times again, Repeat a third time.

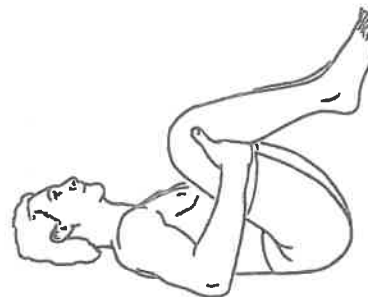
HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull **right** knee toward opposite shoulder. Hold 30 seconds. Relax.

Repeat 3-5 times per set. Do 1 sets per session.
 Do 1-2 sessions per day.

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 3-5 times per set. Do 1 sets per session.
 Do 1-2 sessions per day.

BACK - 100 Quadratus Stretch

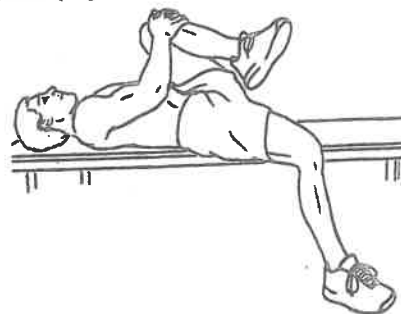


Sit cross-legged on floor and bend sideways, touching right elbow to floor. Hold for 30 seconds.

Repeat 3-5 times per set. Do 1 sets per session.
 Do 2 sessions per day.

— To increase stretch, raise other arm above head

SPINAL MOBILIZATION - 32 Pelvic Rotation:
 Knee-to-Chest (Supine)



With leg hanging over side of bench, other knee to chest, relax leg as much as possible. Hold 30 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session.
 Do 1-2 sessions per day.

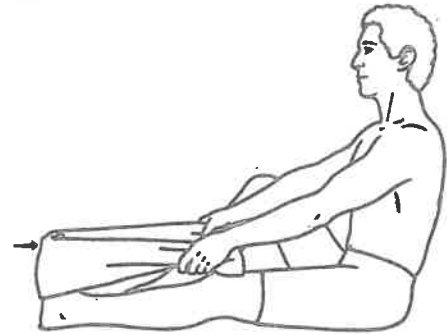
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly hold on each side for a count of 5-10 seconds.



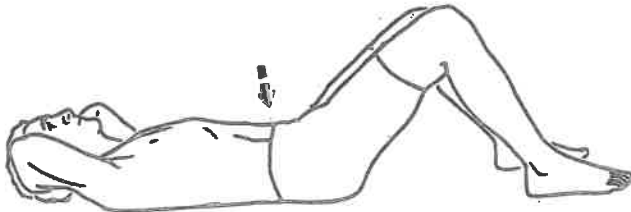
Repeat 10 times per set.
 Do 1 sets per session.
 Do 1-2 sessions per day.

HIP / KNEE - 63 Stretching: Calf - Towel



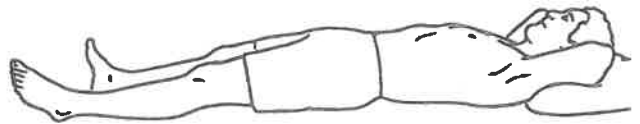
Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold 30 seconds or do 30 pulls holding only 1-2 seconds. Repeat 3-5 times per set. Do 1 sets per session. Do 1-2 sessions per day.

BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles holding for 10 seconds. Repeat 10 times per set. Do 1 sets per session. Do 2 sessions per day.

TRUNK STABILITY - 24 Isometric Gluteals



Tighten buttock muscles. Hold 10 Seconds. Repeat 10 times per set. Do 1 sessions per day.

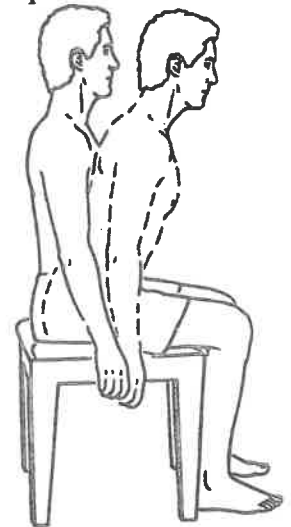
HIP / KNEE - 16 Strengthening: Hip Adduction - Isometric



With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds. Repeat 10 times per set. Do 1 sets per session. Do 2 sessions per day.

TRUNK STABILITY - 32 Slump Correct

With straight back, allow your low back to slump / slouch forward until a slight tension is felt. Gently return to sitting up position and then exaggerate this position backwards.



Repeat 30 times per set. Do daily.

ANKLE / FOOT - 22 Toe Raise (Standing)

Rock back on heels.

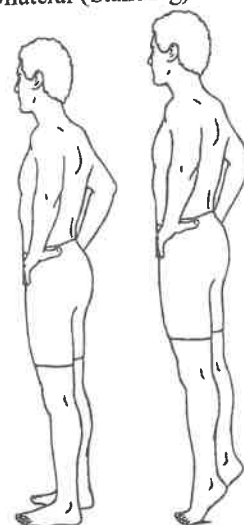
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.

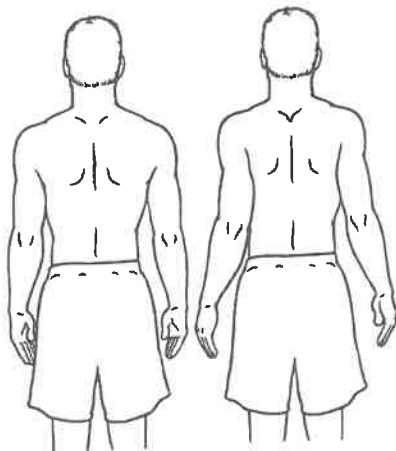
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together.

Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



CERVICAL SPINE - 22B Strengthening: Shoulder Shrug (Phase 2) – Resisted

Using surgical tubing or 0-10 pound dumbbells, shrug shoulders Up, Backwards, and then Down. Do NOT go forward as pictured. Will make Capital D shape.

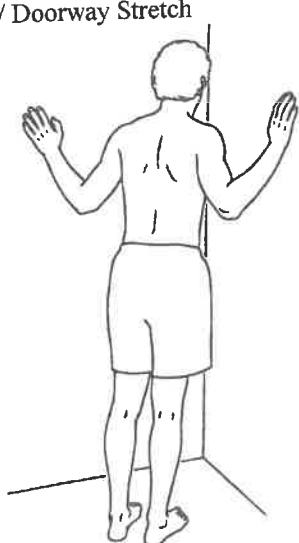
Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.



SPINE - 24 Flexibility: Corner / Doorway Stretch

Standing in corner or doorway with hands just above shoulder level, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.

Repeat 3 times per set.
 Do Daily.

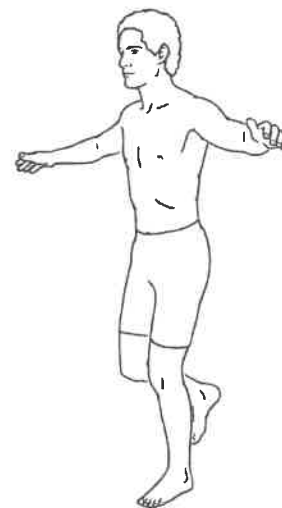


ANKLE / FOOT - 15 Balance: Unilateral

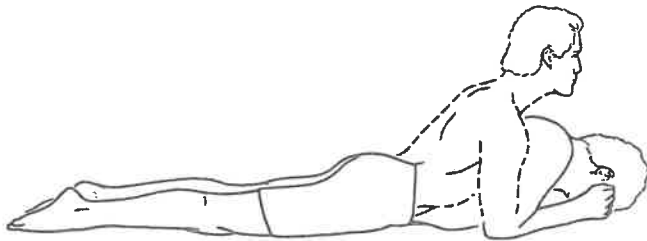
Attempt to balance on leg, eyes open. Hold 10-60 seconds. Switch Legs.

Repeat 3-10 times per set.
 Do 1 sets per session.
 Do 1 sessions per day.

— Perform exercise with eyes closed.

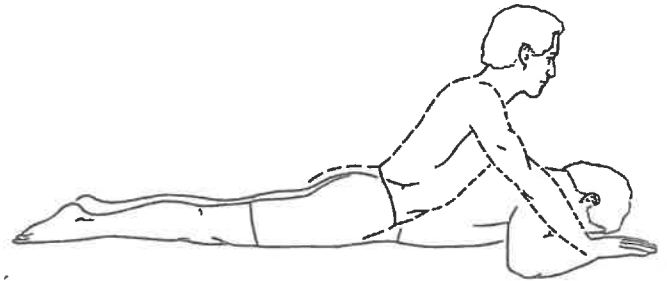


BACK - 1 On Elbows (Prone)



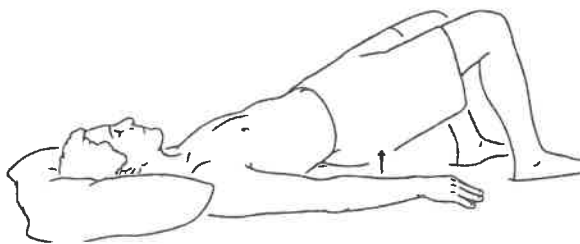
Rise up on elbows as high as possible, keeping hips on floor.
Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 2 Press-Up



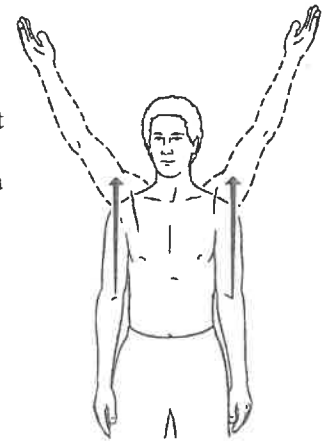
Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold 10 seconds.
Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

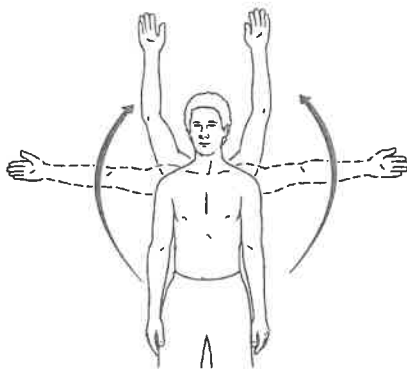
SHOULDER - 83 ROM: Flexion (Standing)



Bring arms straight out in front and raise only to shoulder height (not as pictured) using a 0-5 pound weight.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 84 ROM: Abduction (Standing)



Bring arms straight out from sides only to shoulder height (not as pictured) with 0-5 pound weight.
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

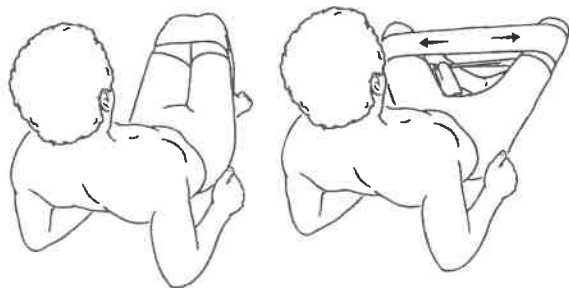
SHOULDER - 75 Strengthening:
Scaption – with External Rotation



Holding 0-5 pound weight, raise right arm diagonally from hip to shoulder height (not as pictured). Keep elbow straight, thumb up.

Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

HIP / KNEE - 54 Strengthening: Hip Abductor – Resisted

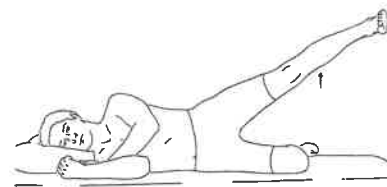


With band looped around both legs above knees, push thighs apart.

Phase 1: Lying on the Back
 Phase 2: Lying on your side

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 21 Strengthening: Hip Abduction / Rose-wall Slides



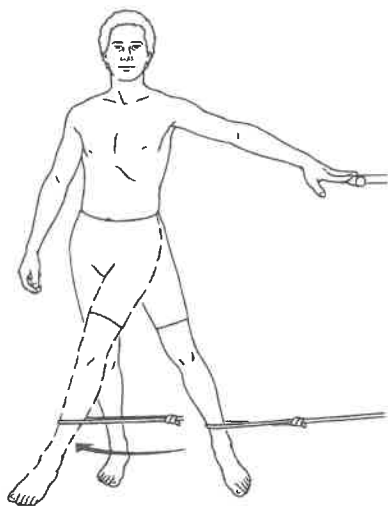
Tighten muscles on front of left thigh, then lift leg 12 inches from surface, keeping knee locked.

Rosewall-- lay on side with whole body flat against the wall. Then lift leg along the wall as high as you can keeping the whole leg against the wall keeping knee locked. After completing switch sides.

Repeat 15 times per set. Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 26 Strengthening: Hip Adduction – Resisted

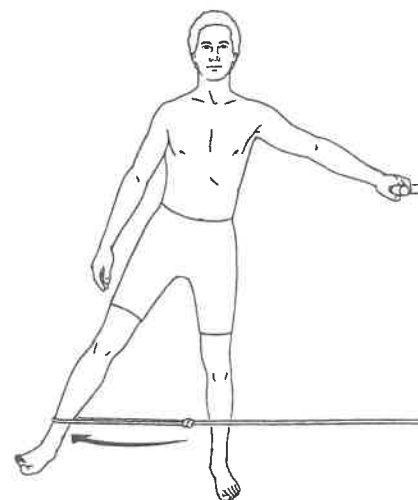
With tubing around leg, bring leg across body.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 27 Strengthening: Hip Abduction – Resisted

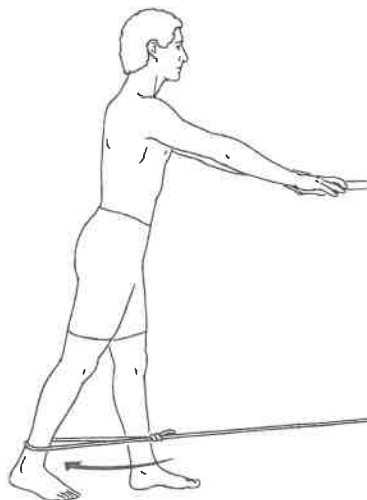
With tubing around leg, other side toward anchor, extend leg out from side.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 28 Strengthening: Hip Extension – Resisted

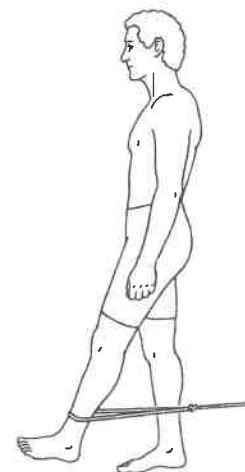
With tubing around ankle, face anchor and pull leg straight back.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 29 Strengthening: Hip Flexion – Resisted

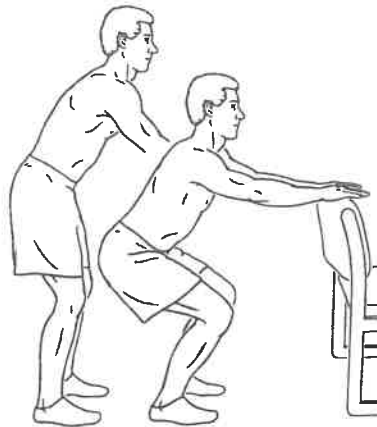
With tubing around ankle, anchor behind, bring leg forward, keeping knee straight.



Repeat 15 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

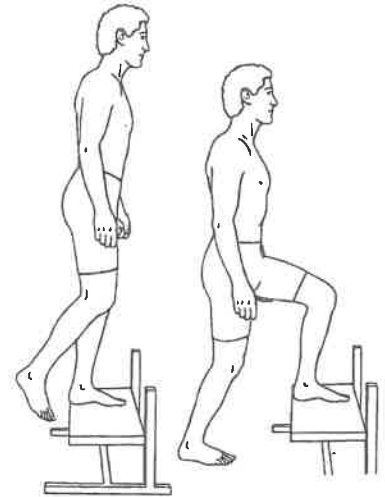
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

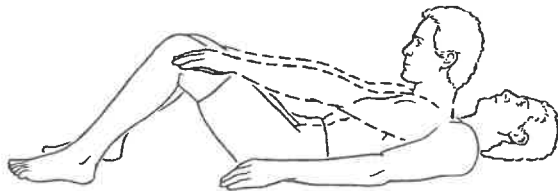
HIP / KNEE - 52 Step-Down / Step-Up

Stand on stair step or 12 inch stool. Slowly bend left leg, lowering other foot to floor. Return by straightening front leg. Keep knee from going past toes.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

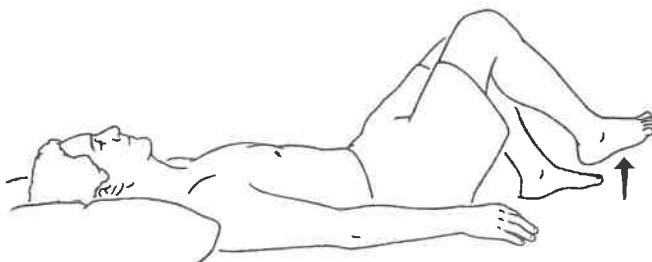
BACK - 24 Diagonal Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to side as shoulder blades clear floor. Switch sides after completing full set.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 6 Bent Leg Lift (Hook-Lying)



Tighten stomach and slowly raise leg 6 inches from floor. Keep trunk rigid. Hold 1-3 seconds. Switch sides.

Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.