

Lumbar Rehabilitation II

BRIDGE



1. Lie on your back with your knees bent and your arms straight, hold your spine stable throughout the exercise
2. Pull your toes up toward the ceiling and push your heels into the floor
3. Tighten your buttocks and tuck your abs
4. Leaving your head and arms on the floor, lift your buttocks off the floor until hips are fully extended
5. Return to starting position and slowly relax in reverse order
6. 10 repetitions, up to 3 sets, 1 X day

BRIDGE WITH LEG EXTENSION



1. Lie on back with your knees bent and your arms straight, hold your spine stable throughout the exercise
2. Pull your toes up toward the ceiling and push your heels into the floor
3. Tighten your buttocks and tuck your abs
4. Leaving your head and arms on the floor, lift your buttocks off the floor until hips are fully extended
5. Keeping your foot flexed and thighs level, slowly extend one knee
6. Lower the first leg and extend the other
7. Return to starting position
8. 10 repetitions, up to 3 sets, 1 X day

HIP EXTENSIONS



1. Lie on belly with two-inch towel roll under forehead
2. Tighten buttocks together and raise one leg as shown, keeping back in neutral position
3. Hold 2-3 seconds, repeat with opposite leg
4. 10 repetitions, up to 3 sets, 1 X day

ARM & HIP EXTENSIONS



1. Lie on belly with two-inch towel roll under forehead
2. Tighten buttocks together and raise one leg and opposite arm as shown
3. Hold 2-3 seconds, repeat with opposite leg and arm
4. 10 repetitions, up to 3 sets, 1X day

SUPERMANS



1. Lie on belly with arms overhead as shown.
2. Raise head, arms, and legs off floor as shown.
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1 x day.

ARM RAISE



1. Begin on hands and knees and hold your spine stable in neutral throughout the entire exercise.
2. Push your feet and knees into the floor
3. Keep arm straight while raising one arm next to your head with thumb pointed up.
4. Return to starting position and repeat with opposite arm.
5. 10 repetitions, up to 3 sets, 1 x day.

LEG RAISE



1. Begin on hands and knees and hold your spine stable throughout the entire exercise.
2. Push your arm into the floor.
3. Straighten one leg and raise the leg up to hip level.
4. Return to starting position and repeat with opposite leg.
5. 10 repetitions, up to 3 sets, 1 x day.

SUPERMANS



1. Assume hands and knees position
2. Keeping back level, raise one arm and opposite leg as shown.
3. Hold 2-3 seconds, repeat with opposite arm and leg
4. 10 repetitions, up to 3 sets, 1X day

CRYOTHERAPY

____ MINS ____ X per day

Ice Cup Ice Bag Moist Heat _____

Staff _____

Phone _____