



LUMBAR STABILIZATION PROGRAM



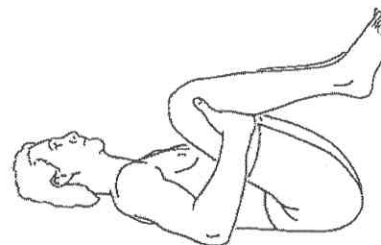
Single Leg Knee to Chest Stretch

1. With hand behind knee, pull one knee to chest until a comfortable stretch is felt in the lower back and buttocks.
2. Repeat with opposite knee.
3. Hold each stretch for 30 seconds.
4. Repeat 3 times on each leg.



Double Leg Knee to Chest

1. With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in the lower back.
2. Keep back relaxed.
3. Repeat with opposite knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



Supine Piriformis Stretch

1. Cross legs with involved leg on top.
2. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock / hip area.
3. Repeat with opposite leg.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



Supine Hamstring Stretch

1. Support back of thigh behind knee.
2. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh
3. Repeat with opposite knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



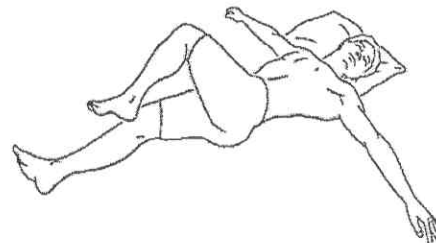
Lower Trunk Rotation Stretch

1. Keeping back flat and feet together, rotate knees to one side.
2. Rotate to other side.
3. Hold each stretch for 10 seconds.
4. Repeat 10 times on each side.



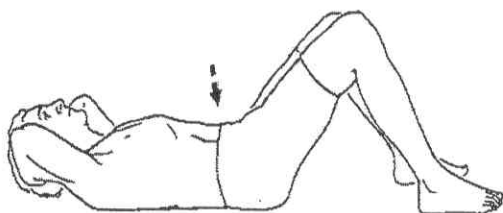
Lumbar Rotation Stretch

1. Lie on back with knee from the uninvolved side drawn to chest.
2. Slowly bring bent knee across body until a stretch is felt in lower back / hip area.
3. Repeat with involved side knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each side.



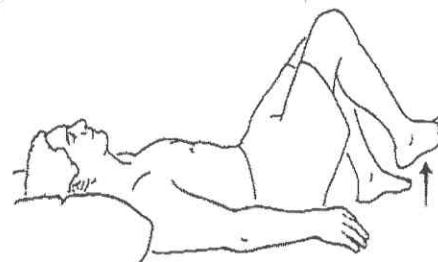
Pelvic Tilt

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Do not hold breath.
4. Hold for 5 seconds.
5. Repeat 30 times.



Pelvic Tilt with Alternating Legs

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Slowly raise one leg 6 inches from floor.
4. Keep trunk rigid.
5. Do not hold breath.
6. Hold for 5 seconds.
7. Repeat with opposite leg.
8. Repeat 30 times.



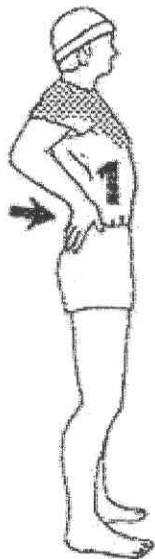
Stretches for Lower Back Tension

Approximately 6 Minutes

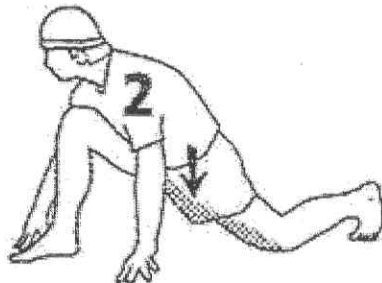
These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



30 seconds



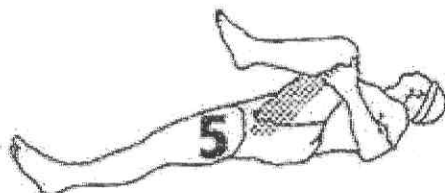
10-12 seconds
2 times



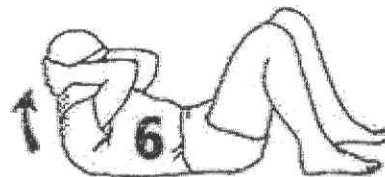
15-20 seconds
each leg



5-15 seconds
2 times



20-30 seconds
each leg



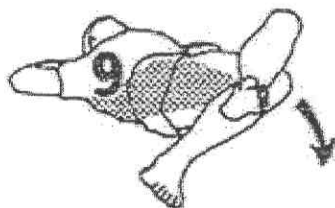
Contract 3-5 seconds,
then relax
2 times



Contract 5-8 seconds,
then relax
2 times



Rock gently back and forth
15-20 times



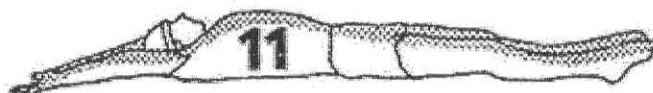
15-30 seconds
each leg



10-15 seconds
each leg



10-15 seconds
2 times



5 seconds
2 times

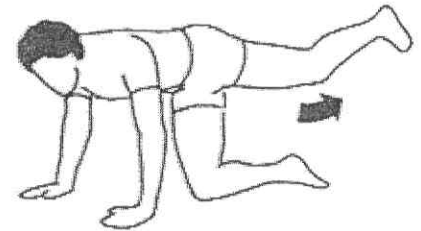
EXERCISES FOR THE LOWER BACK

**1. Partial Curl Up**

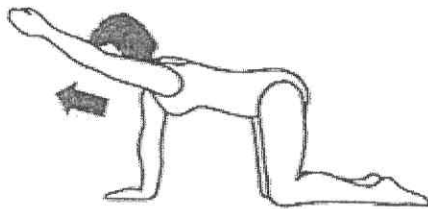
Tilt pelvis to flatten back. Grasp hands behind head supporting neck. Raise upper body until shoulder blades clear the floor. Hold 5 seconds. Gradually increase repetitions.

**2. Upper Body Extension With Chin Tuck**

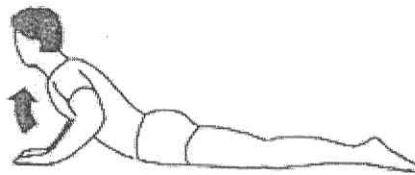
Place a pillow under your abdomen. Clasp hands behind you. First pull shoulders back pinching shoulder blades. Secondly, raise head and shoulders off the table with chin tucked during exercise. Hold 5 seconds, relax. Gradually increase repetitions.

**3. Four Point Hip Extension**

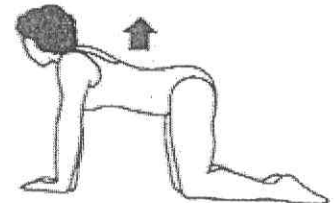
Keep neck in a neutral position as you raise one leg up behind you. Knee is kept slightly flexed. Do not arch your back. Hold 5 seconds. Relax. Gradually increase repetitions.

**4. Four Point Upper Back Extension**

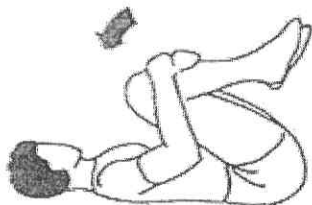
Keep neck in a neutral position as you raise one arm out in front of you. Keep back flat as you do so. Hold for 5 seconds. Relax. Gradually increase repetitions.

**5. Prone Push Up**

Push up with your arms lifting upper body. Keep hips in contact with the floor. Gradually increase repetitions.

**6. Mad Cat**

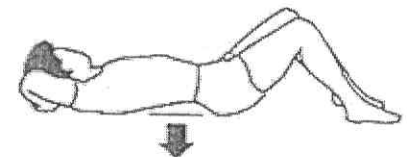
Hands directly under shoulders, knees under hips. Tuck chin and tighten your abdominals to arch your back. Hold for 5 seconds. Relax. Gradually increase repetitions.

**7. Double Knee To Chest**

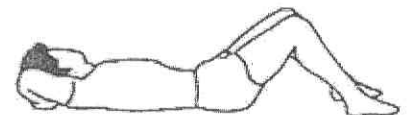
Pull both knees up to chest to feel a comfortable stretch in low back and buttocks. Gradually increase repetitions.

**8. Single Knee To Chest**

Pull one knee up to chest to feel a comfortable stretch in low back and buttocks. Do the same with the opposite knee. Gradually increase repetitions.

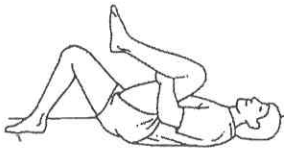
**9. Pelvic Tilt**

Flatten your back by tightening the muscles of your stomach and buttocks. Gradually increase repetitions.



Low back HEP

Knee to Chest Stretch



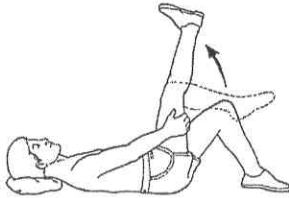
1. Lying with your knees bent and your feet on the floor.
2. Lift one knee towards your chest. Place your hands behind the knee and draw it into your chest Hold, 20 seconds.
3. Repeat, 3 times.

Lower Trunk Rotation Stretch



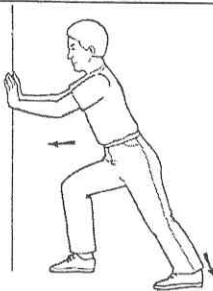
1. Lying on your back with knees together and bent.
2. Slowly roll your knees to one side keeping your upper trunk still and hold, 20 seconds.
3. Repeat, 3 times on each side.

Hamstring Stretch



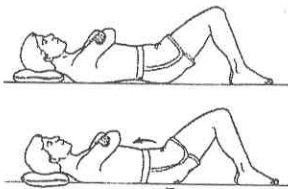
1. Lie on back holding one leg with hands as shown.
2. Keep the opposite knee bent
3. Straighten the knee as far as you can.
4. Hold, 20 seconds.
5. 3 repetitions on each leg, 2 times per day.

Calf Stretch



1. Position your body against a wall as shown with one foot behind.
2. Point toes directly toward wall and hold heel down.
3. Lean into wall as shown so that you feel a stretch; **DO NOT BENT FORWARD.**
4. Hold, 20 seconds.
5. 3 repetitions on each leg, 2 times per day.

Pelvic Tilt

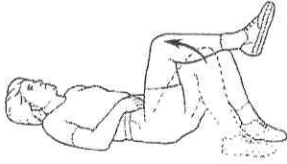


1. Lie on back with knees bent.
2. Tighten abdominal muscles, squeeze-buttock muscles and flatten back as shown; **DO NOT PUSH THROUGH LEGS.**
3. Hold, 5 seconds.
4. 10 repetitions, 2 times per day.

Abdominal Bracing (Knee Push/Hold)

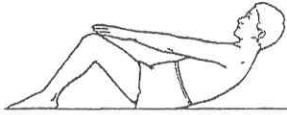


1. Lying on your back .
2. Lift your leg and gently resist the movement with your hand.
3. Repeat with other leg.
4. Repeat 10 times.



Marching with Pelvic Lift

1. Lie on back with both knees bent.
2. Tighten abdominal muscles, then lift right leg as shown
3. Hold, 2-3 seconds.
4. Repeat with opposite leg, keeping abdominal muscle tight.
5. 10 repetitions, 2 times per day.



Curl Ups

1. Lie on back with knees bent.
 2. Reach toward knees and curl trunk upward as shown.
 3. Look up at ceiling and DO NOT curl neck.
 4. Hold, 2-3 seconds
 5. 20 repetitions, 2 times per day.
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