William D. Hunter, M.D., FAANS P.A Megan H. Wilkinson, ACNP-BC Danielle J. Howell, PA-C

Date of Birth:

MRN:



Low Back Home Exercise Program

Exercising your low back regularly should be a priority when you have low back pain. A flexible and stable low back is the key to maintaining good spine health. Low back pain that does not resolve with medications and treatment or pain that is recurring despite periods of improvement is most commonly due to having a "stiff" and/or weak spine. Exercise goes a long way in helping your low back pain problem in the long run.

A regular exercise program will help prevent re-injury to your low back and help relieve ongoing painful muscle spasms and stiffness. Try to exercise at least TWO TIMES a day on a DAILY basis. Do 10-12 counts for each exercise. Start slowly with a few exercises the first day and progress to all exercises as you improve. Monitor your pain level AFTER completing the exercises and record it on a scale of 0-10/10 with 0 meaning no pain and 10 meaning the worst pain of your life.

It is normal to feel discomfort and pain when you start to exercise your low back, but do not let this discourage you. Go at your pace and stop if the pain becomes unbearable. This exercise program focuses on stretching and improving flexibility.

DATE	AM Exercises	Pain Level	PM Exercises	Pain Level	DATE	AM Exercises	Pain Level	PM Exercises	Pain Level
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						74			
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16									

Reviewed by:

RICHMOND

LUMBAR STABILIZATION PROGRAM

RICHMOND

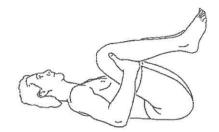
Single Leg Knee to Chest Stretch

1. With hand behind knee, pull one knee to chest until a comfortable stretch is felt in the lower back and buttocks.



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.



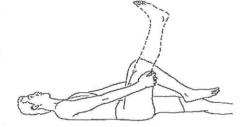
Supine Piriformis Stretch

- 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.



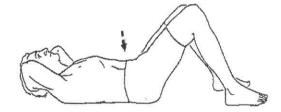
Lumbar Rotation Stretch

- 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.



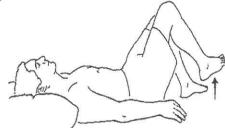
Pelvic Tilt

- 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

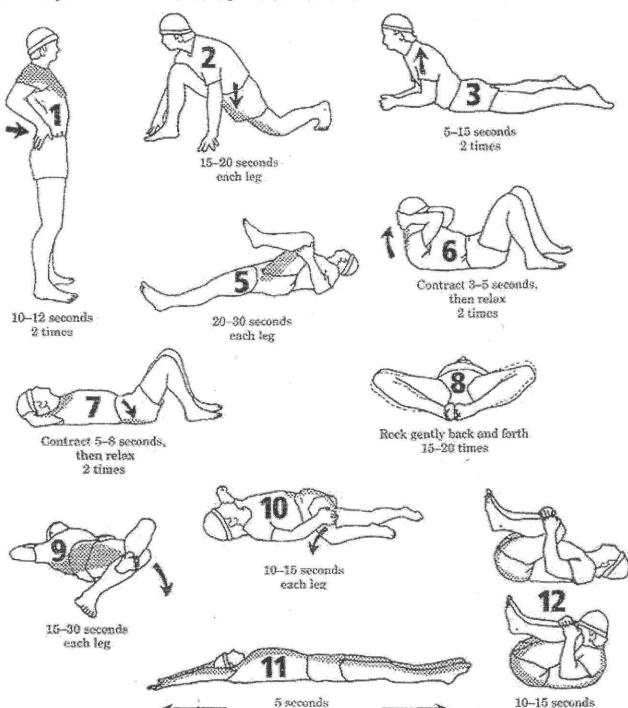
Approximately 6 Minutes

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.



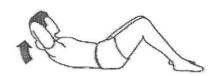
2 times

30 seconds



2 times

EXERCISES FOR THE LOWER BACK



1. Partial Curl Up

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



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 bead and shoulders off the table with chin tucked during exercise. Hold 5 seconds, relax. Gradually increase repetitions.



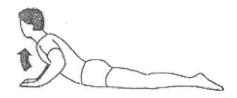
3. Four Point Hip Extension

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.



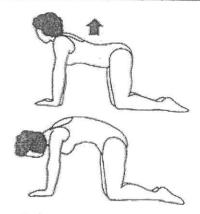
4. Four Point Upper Back Extension

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.



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.



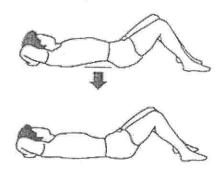
Double Knee To Chest

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



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



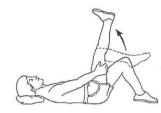
Knee to Chest Stretch

- 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

- Lying on your back with knees together and bent.
- 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

- Position your body against a wall as shown with one foot behind.
- 2. Point toes directly toward wall and hold heel down.
- 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.
- 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.