

LUMBAR HOME EXERCISE PROGRAM – PHASE I

The exercises in this phase are focused on restoring range of motion in your low back. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



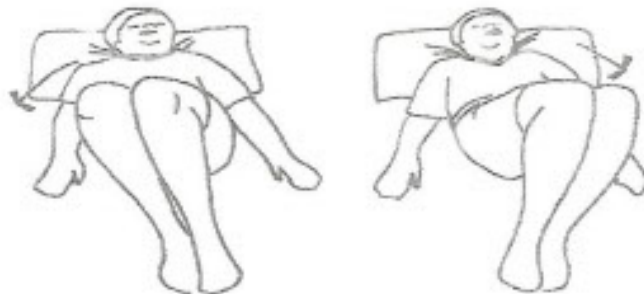
○ KNEE TO CHEST

- A. Lie on back with both legs straight. B. Lift one leg to chest.
C. Hold 30 seconds. D. Repeat on other side.



○ DOUBLE KNEE TO CHEST

- A. Lie on back. B. Bring both legs up to chest. C. Hold 30 seconds.



○ SIDE TO SIDE

- A. Lie on back with knees bent and together. B. Slowly rotate legs side to side in a pain free range of motion. C. Repeat 10 times.

LUMBAR HOME EXERCISE PROGRAM – PHASE II

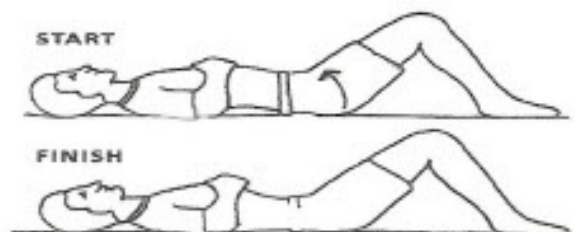
The exercises in this phase are focused on beginning stabilization to your low back. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- In order to avoid possible further injury, please only follow the exercises your doctor has recommended.
- Perform these exercises every day, ideally 2-3 times per day. Perform them throughout the day, not all at once. Be sure to hold all stretches for 30 seconds to ensure a good stretch.
- If you experience pain, stop the exercise and notify your doctor next time you see them.



○ HAMSTRING STRETCH

- A. Lie on back with legs straight. B. Bring one knee up and hold behind knee. C. Slowly raise foot towards ceiling. D. Hold 30 seconds. E. Now move ankle back and forth.



○ PELVIC TILT

- A. Lie with both knees bent. B. Tighten abdominals and buttocks and press lower back into surface. C. Hold 5 seconds. D. Repeat 10 times.



○ BRIDGES

- A. Lie with both knees bent. B. Lift buttocks off surface. C. Hold 5 seconds. D. Repeat 10 times.