

Lumbar Rehabilitation I

HAMSTRING STRETCH



1. Lie on floor, flex your hip to 90 degrees
2. Grip your hands behind the knee and actively straighten the knee using your quadriceps muscles
3. Hold for 15-20 seconds
4. Repeat 5 times, 2X day

SINGLE LEG LUMBAR



1. Lie on back
2. Pull ___ knee to chest
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

DOUBLE LEG LUMBAR



1. Lie on back
2. Pull both knees to chest
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

CAT STRETCH



1. Assume hands and knees position as shown
2. Tighten abdominal muscles, squeeze buttocks muscles and tuck tailbone under, to hunch back upward as shown
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

CHILD'S POSE



1. Assume hands and knees position
2. Bend knees to move buttocks toward heels as shown
3. Hold 15-20 seconds
4. 5 repetitions, 2X day

PIRIFORMIS STRETCH



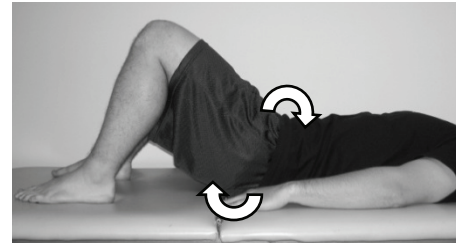
1. Flex the ___ hip and place ___ ankle on ___ knee
2. Reach behind the opposition knee, pulling the knee towards the shoulder
3. Hold for 15-20 seconds
4. Repeat 5 times, 2X day

LUMBAR ROTATION



1. Lie on back with knees bent and feet together, arms out to side
2. Rotate knees to the ___ as you turn your head in the opposite direction, until you feel a stretch
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

PELVIC TILT



1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttocks muscles and flatten back as shown
3. Hold 2-3 seconds
4. 10 repetitions, up to 3 sets, 1X day

“C” CURVE

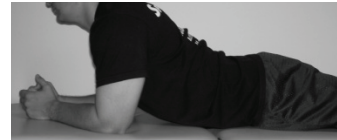


1. Lie on back with knees bent
2. Reach toward knees and curl trunk upward as shown
3. Hold 2-3 seconds
4. 15 repetitions, 3-5 sets, 1X day

BACK EXTENSIONS



1. Lie on pillow as shown
2. If no pain, hold 15-20 seconds
3. Progress to elbow press-ups
4. Then progress to arm press ups
5. 5 repetitions, 2X day



CRYOTHERAPY

___ MINS ___ X per day

Ice Cup Moist Heat _____

Staff _____

Ice Bag

Phone _____