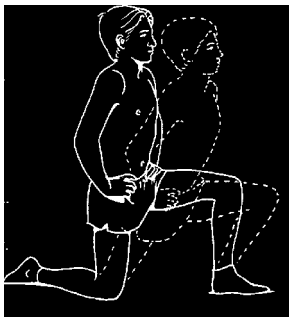


Lumbar Spine & Related Hip Stretches

Purpose: Stretching exercises help to restore joint range of motion by lengthening shortened muscles and connective tissues, which help to reduce pain and tightness.

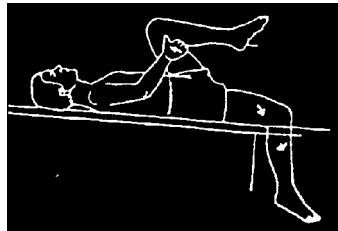
- Instructions:**
1. Perform highlighted stretches initially **1–2x/day**, or _____
 2. Hold each stretch **30 – 60 seconds** if tolerated for lengthening of muscles; repeat 2-3x each or _____
 3. Stretch to your **pain-free** end point, then breathe deeply through your belly and relax as you exhale. This will encourage maximal range in that stretch.
 4. It is best to stretch with a warmed up body, about the temperature that causes a light sweat.
 5. For pain reduction, it is best to stretch tight muscles at night just before going to bed.
 6. If it is not tight...**DON'T STRETCH IT!**
 7. When tight muscles are improved, you may decrease frequency to 2-3 times per week.



HIP FLEXOR STRETCH

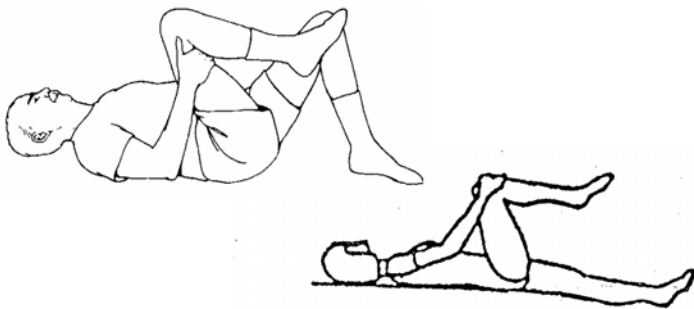
Kneel with weight on one knee and the opposite foot. Tuck your hips under, squeeze buttocks, lean slightly forward and hold. Avoid arching your back. You should feel stretch to the front of the trunk or hip, not in your lower back.

MODIFICATION: Lay on back with buttocks at very edge of table and knees bent. Stabilize lower back by hugging both knees to chest, and then drop one leg down toward bed and hold.



TRUNK ROTATION

Lie on your back with your knees bent, feet flat on the floor. Slowly lower both bent knees to the floor. Return to center, and then lower to the other side. Hold, or gently rock side to side.



SINGLE KNEE TO CHEST

Lie on your back, knees bent and feet flat on floor. Bring one knee toward your chest pulling gently with your hands, hold, and alternate.

SIJ MODIFICATION: Extend one knee flat to the ground. Gently push the knee at your chest into your hands and count to five. Relax, and pull the knee up and slightly outward closer to your chest. Repeat this cycle 3-5 times on each leg.



DOUBLE KNEE TO CHEST

Lie on your back, knees bent and feet flat on floor. Bring both knees toward your chest pulling gently with your hands and hold.

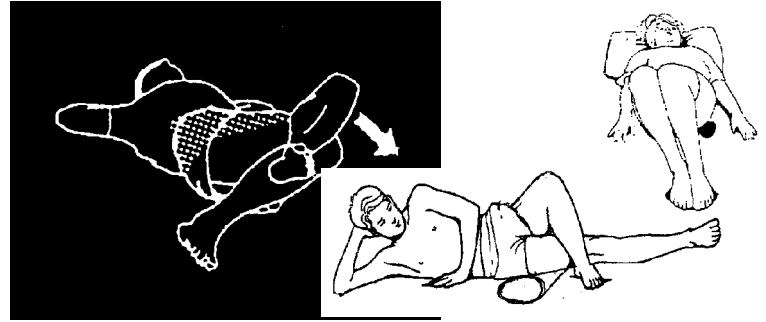
Lumbar Spine & Related Hip Stretches



PIRIFORMIS STRETCH

Lie on you back with knees bent and feet on the floor. Cross right ankle onto left knee. Grasp left thigh and bring your left knee toward your chest and hold. Repeat on the other side.

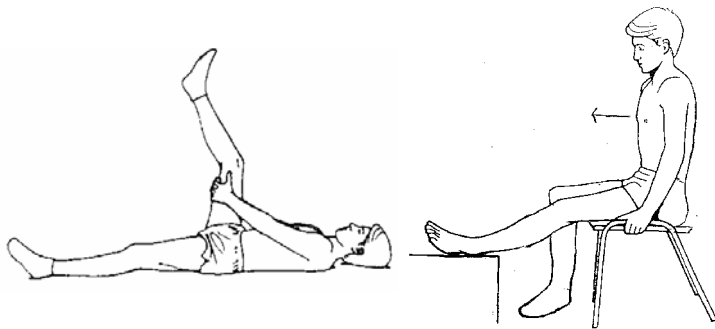
MODIFICATION: May also be performed by pulling knee toward opposite shoulder or can be done in seated position.



ITB / LATERAL HIP STRETCH

Lie on you back with knees bent and feet on the floor. Place left ankle over the outside of right knee and use left leg to push right leg toward the floor until a stretch is felt to the outside of the right hip. Hold, and repeat on other leg.

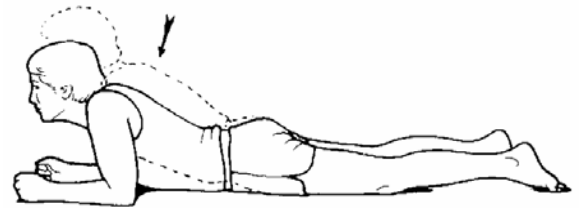
TRIGGER POINT RELEASE: Using a Foam Roller, tennis ball, or trigger ball, give gentle direct pressure to tight muscles and knots. Hold or gently massage areas 60-90 seconds each, once daily.



HAMSTRING STRETCH

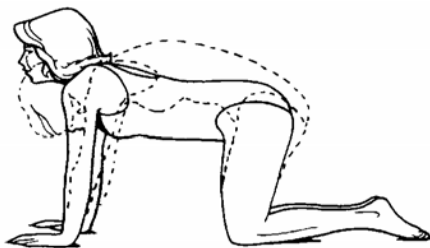
Lying on your back, bend your hip and grasp your thigh just above your knee. Slowly straighten your knee with your foot in a relaxed position and hold. If able, flex your ankle several times. Modify by keeping other leg bent as needed.

MODIFICATION: May also be performed in standing or sitting with leg straight and elevated on a stool. With upright posture, bend forward at hips until stretch is felt.



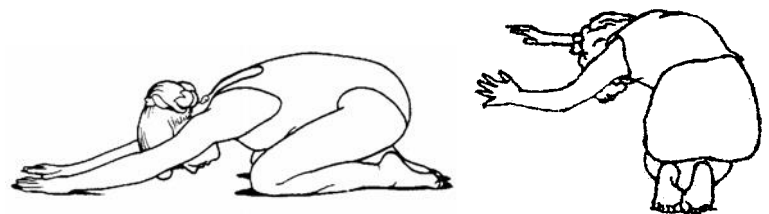
PRONE ON ELBOWS

Lie on you stomach with your weight on your elbows and forearms. Keep your pelvis in contact with the floor. Allow your low back and buttocks to relax. Extend elbows and press up as able. Hold, or gently repeat movement several repetitions. Hold _____ x _____ Reps



CAT BACK

On hands and knees, slowly round pelvis and hips up towards ceiling to arch back like a cat. Drop pelvis and hips toward the floor. Avoid rocking forward and backward on knees. Hold each position, or gently repeat movement several repetitions.



ROCK BACK WITH A "V"

On hands and knees, sit back on you heels and tuck your hips under. Stretch your arms straight in front of you until a stretch is felt in your mid to low back and hold.

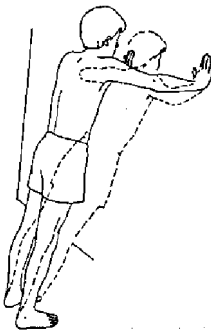
QUADRATUS MODIFICATION: Shift weight diagonally over hip, and sidebend to the opposite side, elongating the side of the back and hold. Repeat to the other side.

Midback Stabilization Exercises

Purpose: These exercises will strengthen the midback (between and underneath the shoulder blades) which will contribute to improved posture and decreased pain by decreasing strain on the spine.

- Instructions:**
1. Do only the exercises indicated and instructed by your therapist.
 2. **Maintain the DLC.**
 3. **Do not allow your shoulders to shrug up while doing the exercises.**
 4. Exercise 3x/week, not 2 days in a row, performing instructions from your therapist.
 5. Stop if pain symptoms significantly worsen and consult your therapist.
 6. Complete **20 slow repetitions** of each exercise or a maximum of **2 minutes** as indicated with good control.
 7. **Progress to the next level when able to complete 20 repetitions or 2 minutes without high fatigue.**

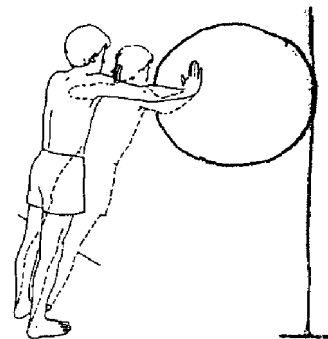
1. Straight Arm Push-ups: Maintain DLC



Level 1: Place your hands on the wall and feet away from the wall enough that you are leaning forward slightly. Keep elbows straight but **not locked**. By moving only the shoulder blades, allow your chest to move toward the wall, pause, and then push your chest as far away from the wall as you can.

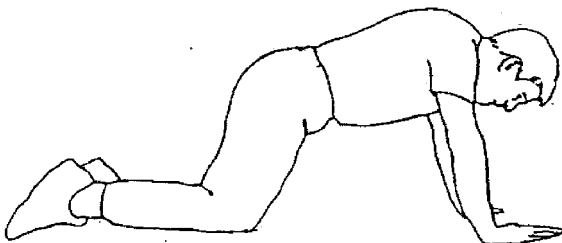
Do not allow shoulders to shrug up. 20 reps.

MODIFICATION: Keep your hands fisted and wrists neutral if you have wrist/thumb pain or carpal tunnel.

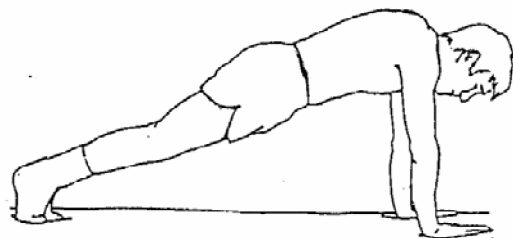


Level 2: Use Level 1 positioning but place hands on a Swiss ball against the wall at shoulder level. Keep elbows straight but **not locked**. By moving only the shoulder blades, allow your chest to move toward the wall, pause, and then push your chest as far away from the wall as you can. **Do not allow shoulders to shrug up.** 20 reps.

MODIFICATION: Hold your hands with palms flat on the sides of the ball so that wrists are neutral if you have wrist/thumb pain or carpal tunnel.



Level 3: Position yourself on your hands and knees. Keep your spine in a neutral position. Keep elbows straight but **not locked**. Allow your chest to move toward the floor, pause, and then push your chest as far away from the floor as you can. 20 reps.



Level 4: Place your hands on the floor directly beneath your shoulders. Keep your spine in a neutral position. Keep elbows straight but **not locked**. Allow your chest to move toward the floor, pause, and then push your chest as far away from the floor as you can. 20 reps. **ADVANCE** by adding a full push-up with each rep.

Midback Stabilization Exercises- Page 2

2. Reverse Wall Push-ups: Maintain DLC

Level 1: Stand with your head and back against the wall and your feet 8-12 inches away from the wall (or further away for more challenge) and your knees slightly bent. You should be leaning back slightly into the wall. Hold your arms at your sides with your elbows bent to 90 degrees. Push your elbows into the wall. Your elbows should not slide on the wall. Hold for 10 seconds. 6-12 reps.

Level 2: Begin in the same position, now push your body forward by pushing your elbows into the wall. Your hips should be in line with your shoulders. Your elbows should not slide on the wall. Hold yourself away from the wall for 10 seconds. 6-12 reps.

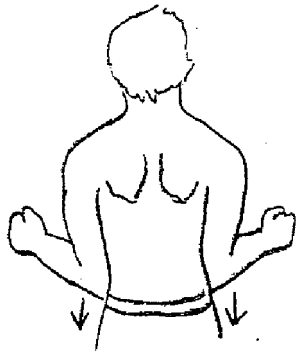


Level 1



Level 2

3. Scapular Depression: Maintain DLC

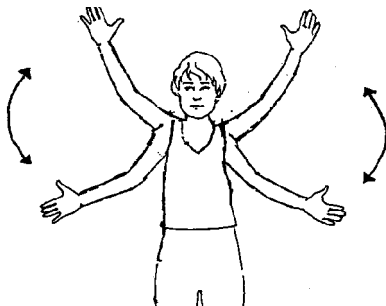


Level 1: Sit or stand (one foot forward if standing) with good posture. Bend your elbows to 90 degrees and push your elbows straight down toward the floor. Hold for 10 seconds. 6-12 reps.



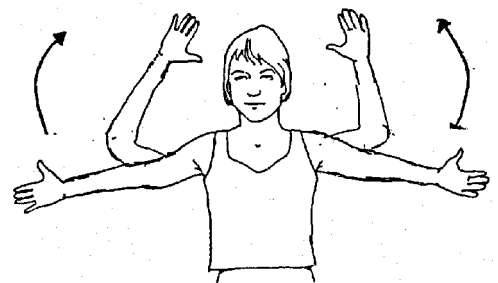
Level 2: Sit with your forearms on a table in front of you. Squeeze shoulder blades down and push your arms into the table as if attempting to lift your body. Hold for 10 seconds. 6-12 reps.

4. Postural Exercises: Maintain DLC



Exercise A

- Stand against the wall with feet 6"-8" away from wall.
- Keep elbows straight and arms/hands against the wall.
- Maintaining a slight backward pressure against the wall, slowly raise arms out the side until reaching the positions of 10 o'clock and 2 o'clock
- STOP raising your arms if you cannot keep your shoulders from shrugging, and complete in a shorter motion.
- Repeat 12-20 reps.



Exercise B

- Stand against the wall as in exercise A
- Press head, back, and hips against the wall
- Place arms/hands against the wall at shoulder level, and avoid shoulder shrugging.
- Keep contact with the wall, by maintaining a slight backward pressure with your arms, as you bend your elbows to 90 degrees then straighten.
- Repeat 12- 20 reps.