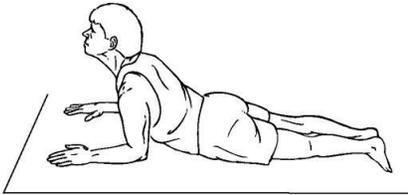
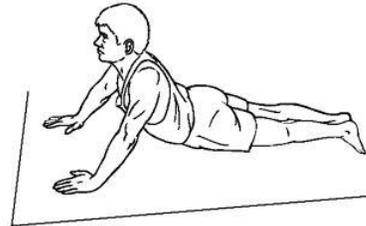
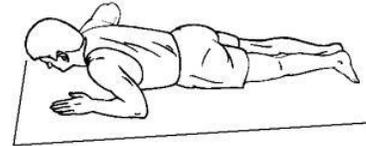


Date:  
Patient Name:



### LUMBAR EXTENSION • Prone on Elbows

1. Lie on your stomach on the floor.
2. Place your arms underneath you and “prop” up on your elbows as shown.
3. Allow your back to relax and sag. Hold this position for 30 to 45 seconds.
4. Return to your starting position, lying on your stomach, flat on the floor.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

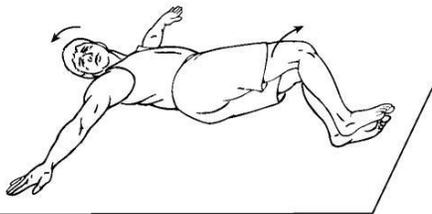


### LUMBAR EXTENSION • Prone Press Ups

1. Lie on your stomach on the floor as shown in the picture.
2. Place your palms flat on the floor. Push down on your hands, straightening out your arms and putting an arch in your back. Straighten your elbows fully, while keeping your hips on the floor.
3. Return to your starting position.
4. If you are unable to fully straighten your elbows while keeping your back relaxed, place your hands farther in front of you and try again.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds.

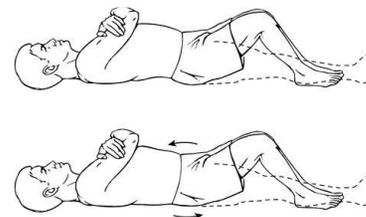
### LUMBAR ROTATION

1. Lie on your back with your hips and knees bent, feet flat on the floor.
2. Keep your arms out at your sides and your shoulders flat on floor.
3. Rotate hips and knees to one side as far as you can while keeping arms and shoulders flat on floor. Hold this position for \_\_\_\_\_ seconds.
4. Reverse position and rotate your hips and knees to the opposite side. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.



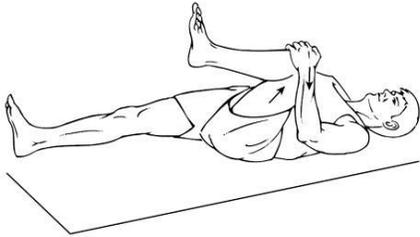
### PELVIC TILT

1. Lie on the floor as shown. You may do this exercise with your knee bent or straight. It is harder with the knees straight.
2. Tighten your stomach and buttock muscles and push back flat onto floor. If you do this properly your pelvis will rotate in the direction shown in the diagram. Hold each repetition 15 to 20 seconds.
3. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Do not hold your breath. Count out loud.



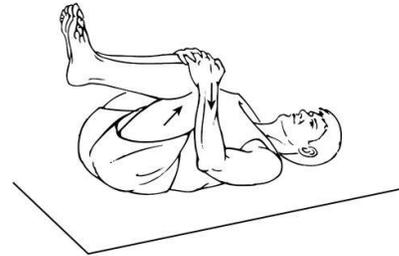
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Patient Name:

### LUMBAR FLEXION • Single Knee to Chest



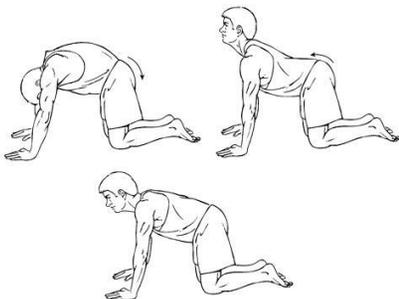
1. Lie on your back with both legs flat on the floor.
2. Bend one hip and knee up toward your chest.
3. Grasp knee with your hand(s) and pull it gently toward your chest.
4. Keep the other leg flat on the floor while doing this exercise.
5. Repeat with the opposite side.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day. Hold each repetition 5 to 10 seconds

### LUMBAR FLEXION • Double Knee to Chest



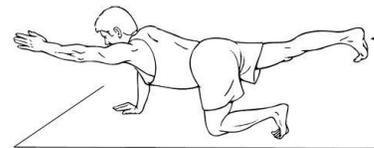
1. Lie on your back with both legs flat on the floor.
2. Bend one hip and knee up toward your chest and then the other.
3. Grasp your knees with your hands and pull them gently toward your chest.
4. Hold this stretch position for 5 to 10 seconds.
5. Release one knee, allowing the leg to return to the floor, then release the other.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### LUMBAR NEUTRAL POSITION • Cat / Camel



1. Position yourself on your hands and knees as shown.
2. Tighten your stomach muscles and tuck your pelvis/hips under, arching your back as shown in the diagram. Hold this position for \_\_\_\_\_ sec.
3. Tighten your back muscles, rotating your buttocks up and allowing your back to arch/sag as shown. Hold this position for \_\_\_\_\_ sec.
4. Find a middle/neutral position. Tighten your stomach and back muscles. Hold this position for \_\_\_\_\_ sec.
5. Repeat exercise \_\_\_\_\_ times.

### QUADRIPEL • Opposite UE/LE Lift



1. Position yourself on your hands and knees.
2. Keep your back flat and parallel to the floor. Do not allow it to arch or move during this exercise.
3. Lift your left arm up to shoulder height. Hold this position and lift your right leg to the same height.
4. Return to starting position and repeat with the opposite arm and leg.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.