

Prepared for: _____

Prepared by: _____

Home Exercise Program for Lumbar Spine Conditioning

- Perform the exercises in the order listed.
- If any of the exercises cause pain, call your doctor.

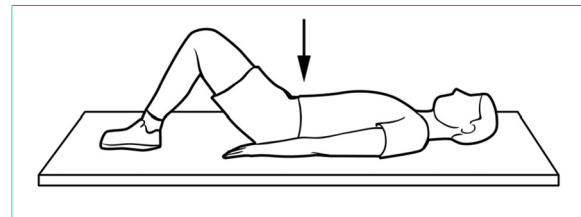
Strengthening and Stretching Exercises for the Lumbar Spine

Exercise Type	Muscle Group/ Area Targeted	Number of Repetitions	Number of Days per Week
Strengthening Exercises			
Side bridges	Quadratus lumborum	5 repetitions	Daily
Abdominal bracing	Abdominals	5 repetitions	Daily
Bird dog	Back extensors	5 repetitions	Daily
Stretching Exercises			
Cat back stretch	Middle and low back	10 repetitions	Daily
Kneeling back extension	Low back	10 repetitions	Daily
Seat side straddle	Adductor muscles Medial hamstrings Semitendinosus Semimembranosus	10 repetitions	Daily
Modified seat side straddle	Adductor muscles Hamstrings	10 repetitions	Daily
Sitting rotation stretch	Piriformis External rotators Internal rotators	10 repetitions	Daily
Leg crossover	Hamstrings	10 repetitions	Daily

Strengthening Exercises

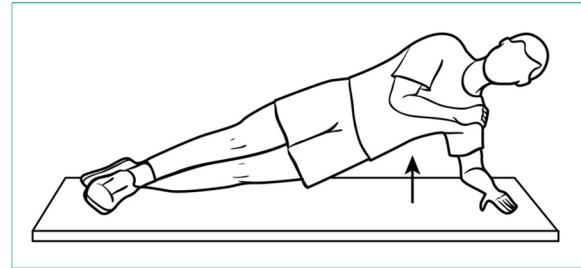
Abdominal Bracing

- Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor.
- Contract your abdominal muscles so that your stomach is pulled away from your waistband.
- Hold this position for 15 seconds.
- Perform 5 repetitions daily.



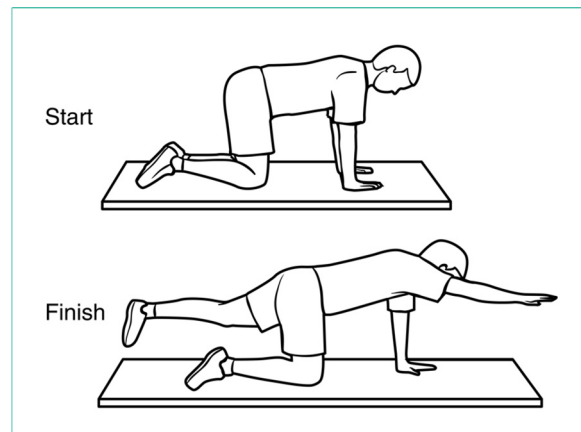
Side Bridges

- Lie on your side on the floor (for beginners, the knees may be bent 90°).
- With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight.
- Hold this position for 15 seconds and then repeat on the other side. The goal is to hold this position for 150 seconds total on each side.
- Perform 5 repetitions daily.



Bird Dog

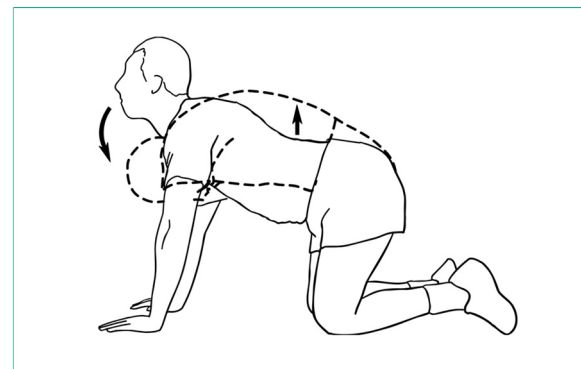
- Kneel on the floor on your hands and knees.
- Lift your right arm straight out from the shoulder, level with your body, at the same time you lift your left leg straight out from the hip.
- Start by holding this position for 15 seconds. The goal is to hold this position for 150 seconds (30 years or older) or 170 seconds (younger than 30 years) total.
- Repeat with the opposite arm and leg.
- Perform 5 repetitions daily.



Stretching Exercises

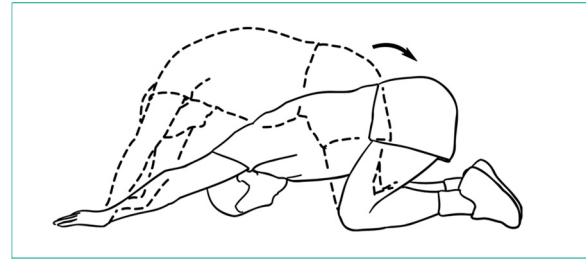
Cat Back Stretch

- Kneel on your hands and knees in a relaxed position.
- Raise your back up like a cat and hold for 30 seconds.
- Relax for 30 seconds.
- Repeat 10 times daily.



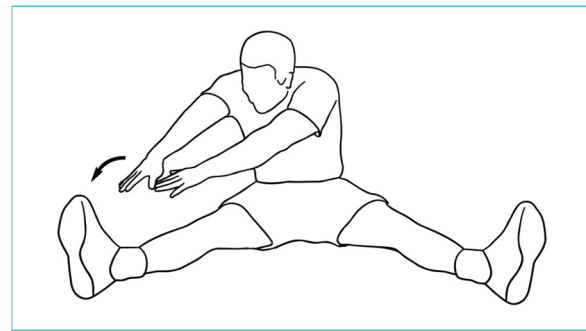
Kneeling Back Extension

- Crouch on your hands and knees.
- First rock forward onto your extended arms, allowing your back to sag. Hold for 5 seconds.
- Then rock back and sit on your bent knees with your arms extended and your head tucked in. Hold for 5 seconds.
- Repeat 10 times daily.



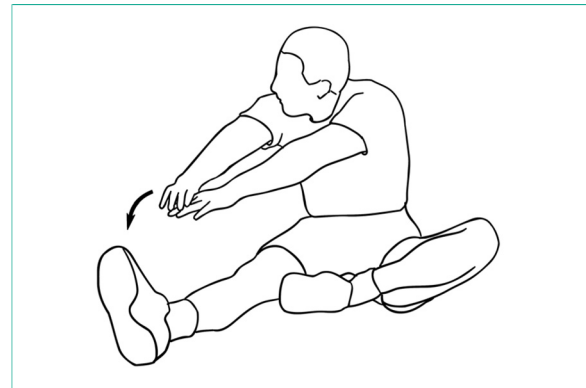
Seat Side Straddle

- Sit on the floor with your legs spread apart.
- Place both hands on the same ankle and bring your chin as close to your knee as possible.
- Hold the maximum stretch for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Repeat the sequence 10 times daily.



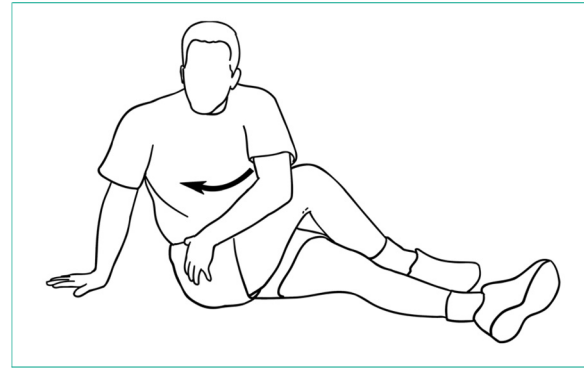
Modified Seat Side Straddle

- Sit on the floor with one leg extended to the side and the other leg bent as shown.
- Place both hands on the ankle of the extended leg and bring your chin as close to your knee as possible.
- Hold the maximum stretch for 30 seconds and then relax for 30 seconds.
- Reverse leg positions and repeat on the other side.
- Repeat the sequence 10 times daily.



Sitting Rotation Stretch

- Sit on the floor with both legs straight out in front of you.
- Cross one leg over the other, place the elbow of the opposite arm on the outside of the thigh, and support yourself with your other arm behind you.
- Rotate your head and body in the direction of the supporting arm.
- Hold the maximum stretch for 30 seconds and then relax for 30 seconds.
- Reverse positions and repeat the stretch on the other side.
- Repeat the sequence 10 times daily.



Leg Crossover

- Lie on the floor with your legs spread and your arms at your sides.
- Keeping the leg straight, bring your right toe to your left hand.
- Try to keep the other leg flat on the floor, but you may bend it slightly if needed for comfort.
- Hold the maximum stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the left leg and the right hand.
- Repeat the sequence 10 times daily.

