

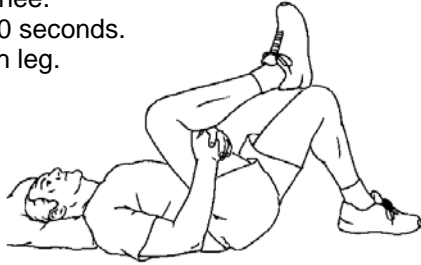


LUMBAR STABILIZATION PROGRAM



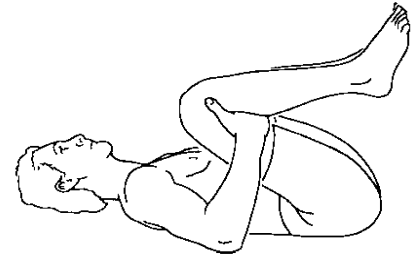
Single Leg Knee to Chest Stretch

1. With hand behind knee, pull one knee to chest until a comfortable stretch is felt in the lower back and buttocks.
2. Repeat with opposite knee.
3. Hold each stretch for 30 seconds.
4. Repeat 3 times on each leg.



Double Leg Knee to Chest

1. With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in the lower back.
2. Keep back relaxed.
3. Repeat with opposite knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



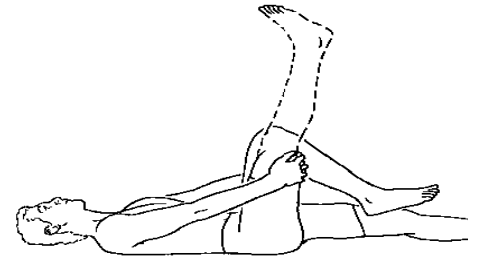
Supine Piriformis Stretch

1. Cross legs with involved leg on top.
2. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock / hip area.
3. Repeat with opposite leg.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



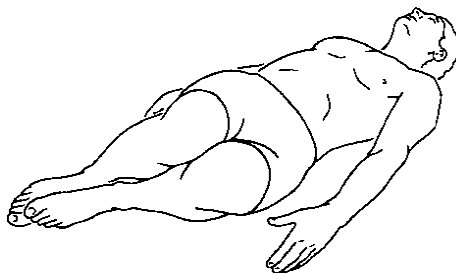
Supine Hamstring Stretch

1. Support back of thigh behind knee.
2. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh.
3. Repeat with opposite knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each leg.



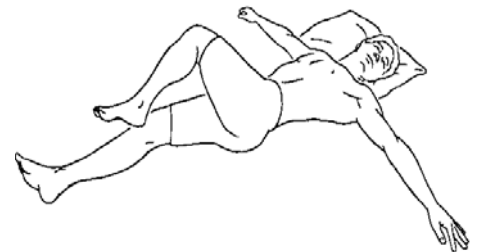
Lower Trunk Rotation Stretch

1. Keeping back flat and feet together, rotate knees to one side.
2. Rotate to other side.
3. Hold each stretch for 10 seconds.
4. Repeat 10 times on each side.



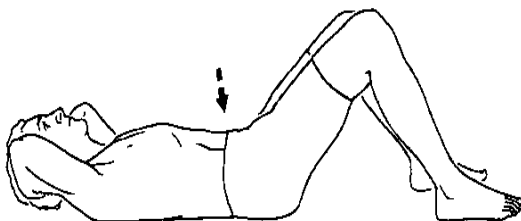
Lumbar Rotation Stretch

1. Lie on back with knee from the uninvolved side drawn to chest.
2. Slowly bring bent knee across body until a stretch is felt in lower back / hip area.
3. Repeat with involved side knee.
4. Hold each stretch for 30 seconds.
5. Repeat 3 times on each side.



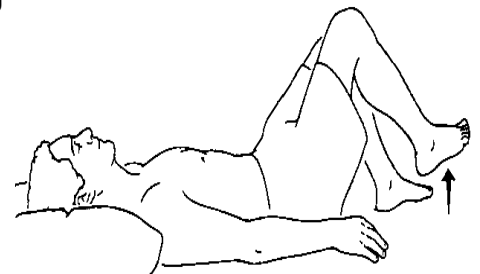
Pelvic Tilt

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Do not hold breath.
4. Hold for 5 seconds.
5. Repeat 30 times.



Pelvic Tilt with Alternating Legs

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Slowly raise one leg 6 inches from floor.
4. Keep trunk rigid.
5. Do not hold breath.
6. Hold for 5 seconds.
7. Repeat with opposite leg.
8. Repeat 30 times.





LUMBAR STABILIZATION PROGRAM



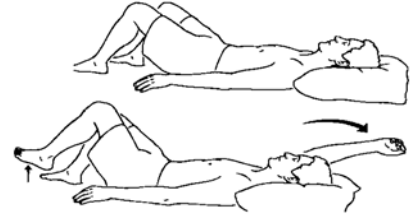
Pelvic Tilt with Alternating Arms

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Raise both arms above head with elbows straight.
4. Slowly lower one arm toward head while keeping elbows straight.
5. Hold each arm for 5 seconds.
6. Repeat 30 times on each arm.



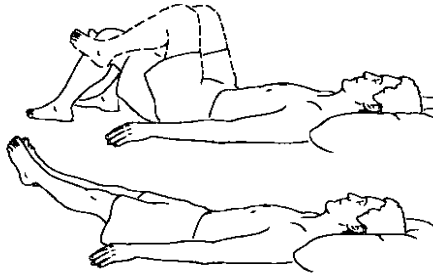
Pelvic Tilt with Alternating Arms and Legs

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Slowly raise one leg 6 inches from floor and opposite arm above head with elbow straight.
4. Keep trunk rigid.
5. Do not hold breath.
6. Hold for 5 seconds.
7. Repeat with other arm and opposite leg.
8. Repeat 30 times.



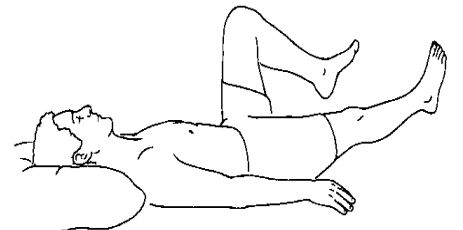
Double Knee Lift

1. With knees bent, slowly bring both knees toward chest, keeping stomach tight.
2. Then extend legs without touching feet to floor.
3. Return to starting position and repeat.
4. Hold each leg for 5 seconds.
5. Repeat 30 times on each leg.



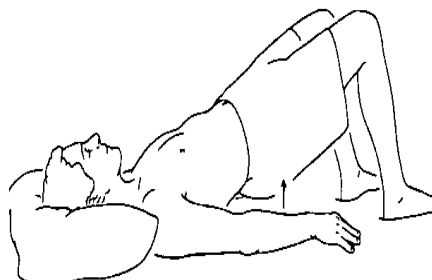
Advanced Straight Leg Raise

1. With both knees bent and feet 6 inches above floor slowly straighten one knee, keeping stomach tight.
2. Return to starting position.
3. Repeat with opposite leg.
4. Keep trunk rigid.
5. Hold each leg for 5 seconds.
6. Repeat 30 times on each leg.



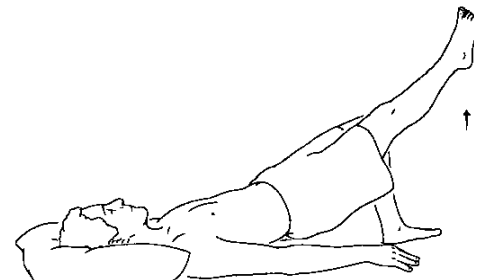
Bridging

1. With both legs bent and feet flat on floor, slowly raise buttocks 6 inches from floor, keeping stomach tight.
2. Hold for 5 seconds.
3. Slowly return to starting position.
4. Repeat 30 times.



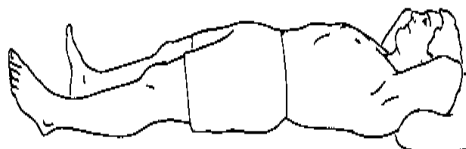
Bridging with Straight Leg Raise

1. With both legs bent and feet flat on floor, slowly raise buttocks 6 inches from floor.
2. Then slowly extend one knee, keeping stomach tight.
3. Hold for 5 seconds.
4. Slowly return to starting position and repeat with other leg.
5. Repeat 30 times.



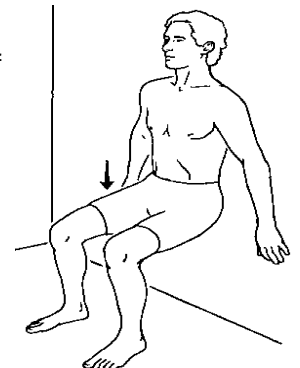
Isometric Gluteal Sets

1. Tight buttock muscles.
2. Hold for 5 seconds.
3. Repeat 30 times.



Bridging with Straight Leg Raise

1. Keep head, shoulders, and back against wall, with feet out in front of your body and slightly wider than shoulder width.
2. Slowly lower your buttocks by sliding down the wall until thighs are parallel to floor.
3. Keep back flat.
4. Repeat 30 times.



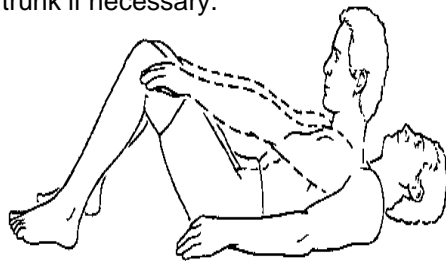


LUMBAR STABILIZATION PROGRAM



Curl-Up: Phase I

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Raise head and shoulders from floor.
4. Use arms to support trunk if necessary.
5. Hold 5 seconds.
6. Repeat 30 times.



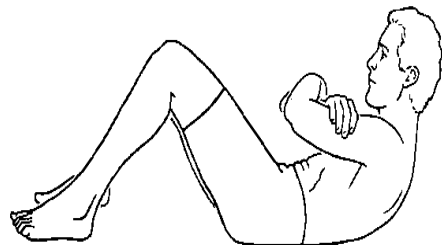
Diagonal Curl-Up: Phase I

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Keep arms at side.
4. Raise head and shoulders, rotating to the RIGHT side as shoulder blades clear floor.
5. Hold 5 seconds.
6. Repeat 30 times.
7. Repeat with LEFT side.



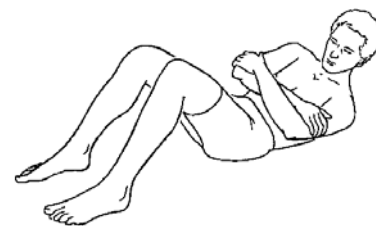
Curl-Up: Phase II

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Keep arms folded across chest.
4. Raise head and shoulders from floor.
5. Hold 5 seconds.
6. Repeat 30 times.



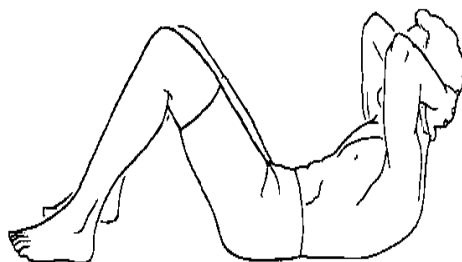
Diagonal Curl-Up: Phase II

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Keep arms folded across chest.
4. Raise head and shoulders, rotating to the RIGHT side as shoulder blades clear floor.
5. Hold 5 seconds.
6. Repeat 30 times.
7. Repeat with LEFT side.



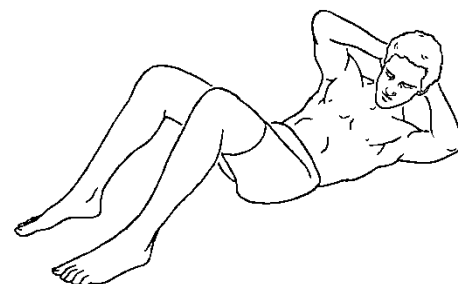
Curl-Up: Phase III

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Keep hands clasped behind head to support neck.
4. Raise head and shoulders from floor.
5. Hold 5 seconds.
6. Repeat 30 times.



Diagonal Curl-Up: Phase III

1. Bend both knees and place both feet flat on floor.
2. Flatten back by tightening stomach muscles and buttocks.
3. Keep hands clasped behind head to support neck.
4. Raise head and shoulders, rotating to the RIGHT side as shoulder blades clear floor.
5. Hold 5 seconds.
6. Repeat 30 times.
7. Repeat with LEFT side.



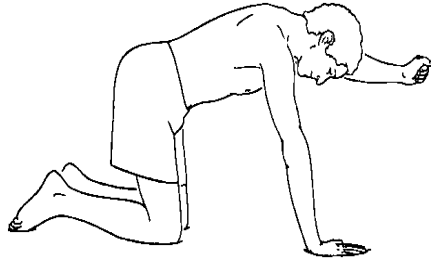


LUMBAR STABILIZATION PROGRAM



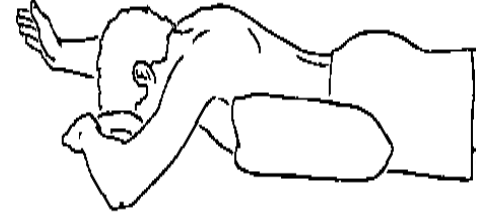
Quadruped with Alternating Arms

1. Get into the "all-fours" position.
2. Tighten stomach and keeping elbow straight, raise arm parallel to floor.
3. Hold 5 seconds.
4. Slowly return to starting position, keeping trunk rigid.
5. Repeat with opposite arm.
6. Repeat 30 times.



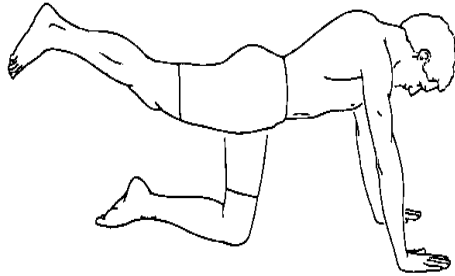
Prone with Alternating Arms

1. Lay on your stomach, with pillow under hips.
2. Keep one elbow straight and raise arm.
3. Avoid arching back
4. Hold 5 seconds.
5. Repeat with opposite arm.
6. Slowly return to starting position, keeping trunk rigid.
7. Repeat 30 times on each side.



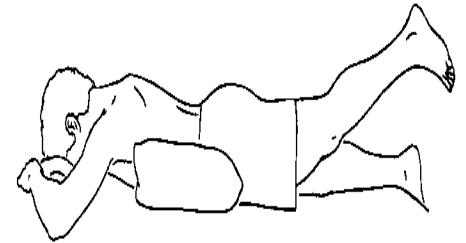
Quadruped with Alternating Legs

1. Get into the "all-fours" position.
2. Tighten stomach and raise leg parallel to floor.
3. Hold 5 seconds.
4. Slowly return to starting position, keeping trunk rigid.
5. Repeat with opposite leg.
6. Repeat 30 times.



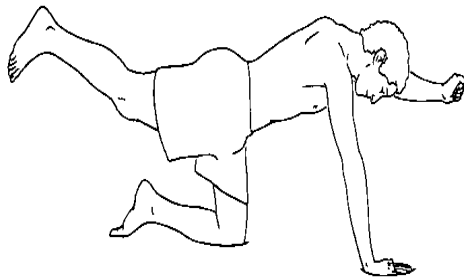
Prone with Alternating Legs

1. Lay on your stomach, with pillow under hips.
2. Keep one knee straight and raise leg at hip.
3. Avoid arching back
4. Hold 5 seconds.
5. Slowly return to starting position, keeping trunk rigid.
6. Repeat with opposite leg
7. Repeat 30 times on each side.



Quadruped with Alternating Arms & Legs

1. Get into the "all-fours" position.
2. Tighten stomach and raise one leg parallel to floor and opposite arm above head with elbow straight.
3. Hold 5 seconds.
4. Slowly return to starting position, keeping trunk rigid.
5. Repeat with other arm and opposite leg.
6. Repeat 30 times on each side.



Prone with Alternating Arms & Legs

1. Lay on your stomach, with pillow under hips.
2. While keeping one knee straight raise leg at hip and raise arm with elbow straight.
3. Avoid arching back
4. Hold 5 seconds.
5. Slowly return to starting position, keeping trunk rigid.
6. Repeat with other arm and opposite leg.
7. Repeat 30 times on each side.

