

AROM lumbar neutral spine supine



- Lie on back with knees bent.
- Maintain neutral back position.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar flx (crunches) supine arms crossed

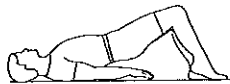


- Lie on back, knees bent, arms crossed over chest.
- Lift up head and continue to lift up shoulders off floor, toward knees.
- Keep low back in contact with floor.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar bridging w/heel raises

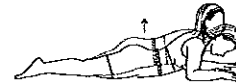


- Lie on back with knees bent and feet flat on floor.
- Maintain neutral spine.
- Lift buttocks up.
- Lift heel off of the floor, then lower.
- Repeat with other foot.
- Lower buttocks and repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM abdominal bracing prone elbow/knees

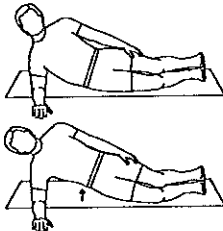


- Lie face down, upper body supported on elbows with forearms on floor as shown.
- Tighten up abdominal muscles and lift hips up until trunk is straight, keeping knees on floor.
- Hold position, lower and repeat.

Perform 2 sets of 10- Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend pushup

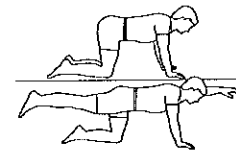


- Lie on floor on your side, forearm supporting upper body.
- Knees should be bent to 45 degrees.
- Place free hand on hip as shown.
- Keep knee and lower leg on floor and raise hip off floor.
- Lower and repeat.
- Repeat exercise on other side.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar alt leg/arm (bird dog)



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: John R. Mishock, PT, DPT, DC

Signature:

These exercises are to be used only under the direction of a licensed, qualified professional.