



SEATTLE SPINE & SPORTS MEDICINE

3213 EASTLAKE AVE E, SUITE A • SEATTLE, WA 98102 • TEL: 206.861.8200 • FAX: 206.324.1178 • WWW.SEATTLESPINE.COM

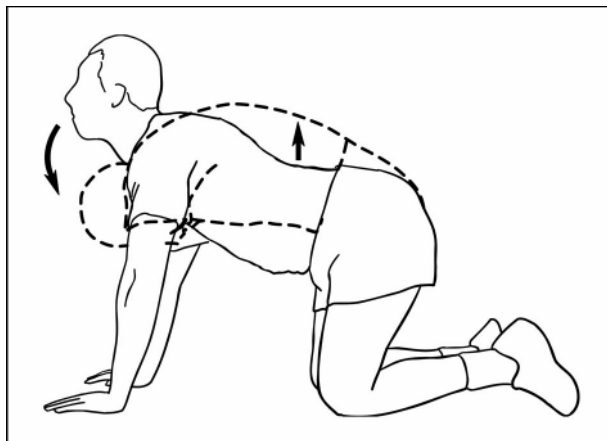
HOME EXERCISE PROGRAM FOR LUMBAR SPINE CONDITIONING

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

Stretching and Endurance Exercises for the Lumbar Spine

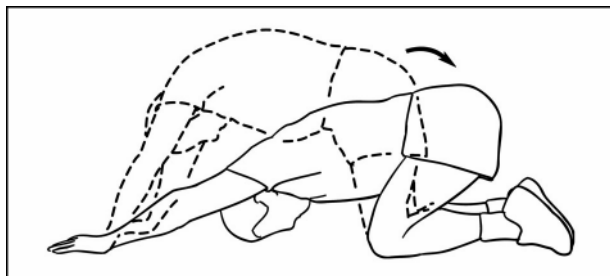
Exercise Type	Muscle Group/ Area Targeted	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Stretching				
Cat back stretch	Middle and low back	10 repetitions	Daily	3 to 4
Cobra stretch	Low back	10 repetitions	Daily	3 to 4
Seat side straddle	Adductor muscles Medial hamstrings Semitendinosus Semimembranosus	10 repetitions	Daily	3 to 4
Modified seat side straddle	Adductor muscles Hamstrings	10 repetitions	Daily	3 to 4
Sitting rotation stretch	Piriformis External rotators Internal rotators	10 repetitions	Daily	3 to 4
Leg cross-over	Hamstrings	10 repetitions	Daily	3 to 4
Endurance				
Bird dog	Back extensors	5 repetitions	Daily	3 to 4
Side bridges	Quadratus lumborum	5 repetitions	Daily	3 to 4
Abdominal bracing	Abdominals	5 repetitions	Daily	3 to 4

STRETCHING EXERCISES



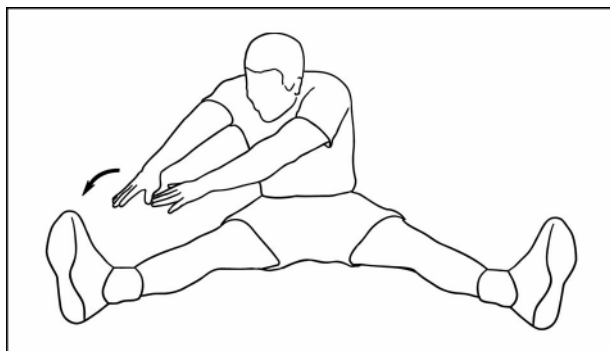
CAT BACK STRETCH

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.



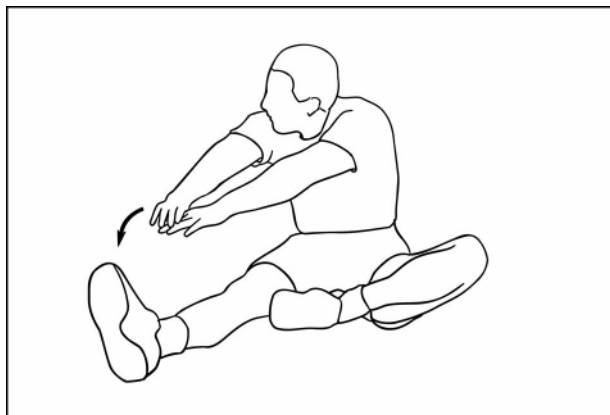
COBRA STRETCH

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.



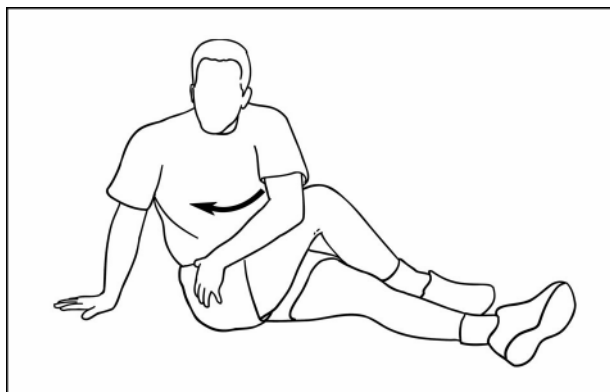
SEAT SIDE STRADDLE

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.



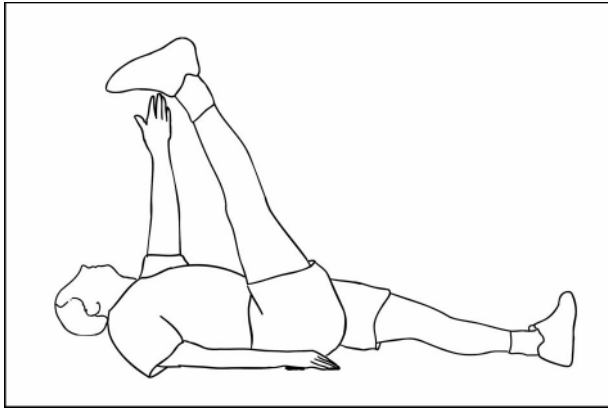
MODIFIED SEAT SIDE STRADDLE

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.



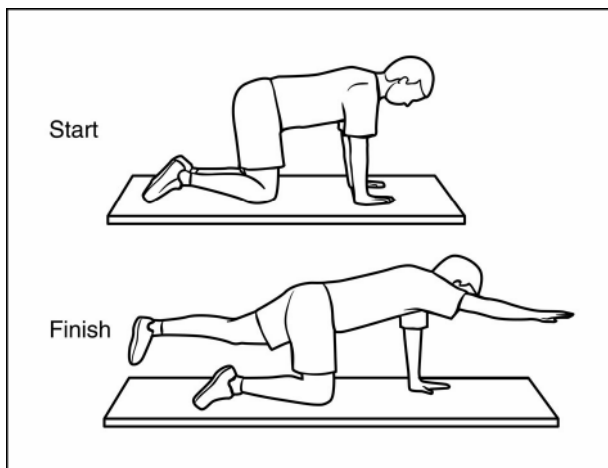
SITTING ROTATION STRETCH

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.



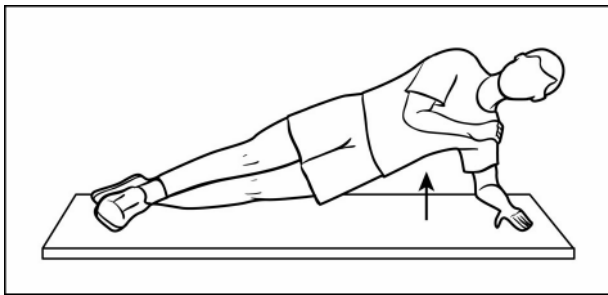
LEG CROSS-OVER

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.



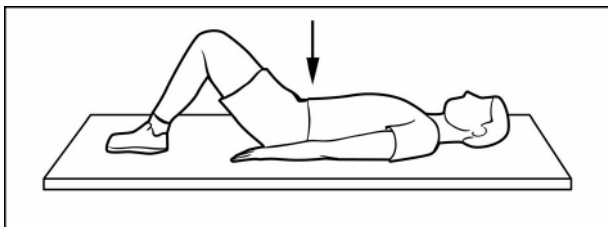
BIRD DOG

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 the position for 15 seconds. Repeat with the opposite arm and leg. Perform 5 repetitions daily. The goal is to hold this position for 150 seconds (30 years of age or older) or 170 seconds (younger than 30 years).



SIDE BRIDGES

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



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.