

Personal Exercise Program Family Physiotherapy Centre

240 - 339 Wellington Rd. S.

519-439-6111

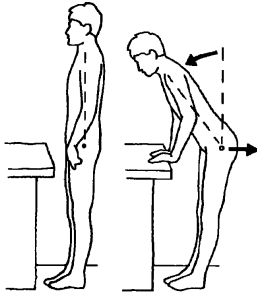
Provided for : John Doe

Example) Lumbar Extension Protocol

Provided by : Bill Landry, BScPT, BScH, MCPA, CAFCI

Date : 2/6/2008

START POSITION: Stand tall with the back relaxed in a neutral position, the feet apart and the hands supporting the upper body weight on a table, bench or chair back.



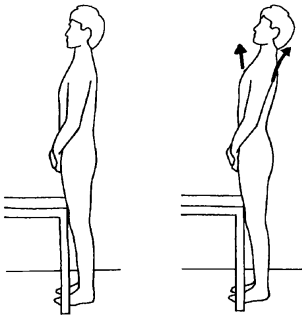
ACTION: Taking some weight through the hands, push the hips away from the bench keeping the back straight at all times. Keep the shoulders over the hands. Do not let the back bend or arch. Bend forward at the hips by moving the pelvis backwards. ONLY move as far as the straight back allows. Move slowly and do not stretch.

Repeat 10 times.

(adpt Sahrman PhD, PT)

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START POSITION: Stand tall with thighs against a table to prevent forward pelvic sway and with the pelvis directly over the mid foot.

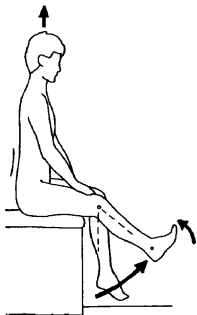


ACTION: Extend the upper back by lifting the chest forward and up. Keep the buttocks relaxed to allow the pelvis to tilt forward slightly (normal). Do not let the upper body sway backwards. ONLY move as far as the low back control allows. Do not strain.

Repeat 10 times.

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START POSITION: Sit tall with the back in a neutral position, the shoulders directly over the pelvis and the legs relaxed.



ACTION: Keeping the back in a neutral arch slowly straighten one knee. Do not let the pelvis roll backwards or twist or let the back bend. Do not lean back. Feel for control in the back rather than a stretch in the back of the leg.

Repeat 10 times. L R

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START POSITION: Lie face down with the hips and back relaxed and the legs straight. Lie: on 2 pillows / on 1 pillow.

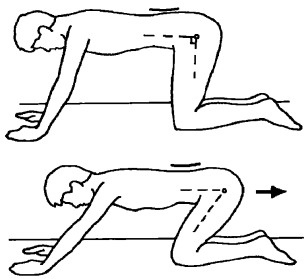


ACTION: Pull the stomach up and in to hollow the low lateral abdominals and gently squeeze both buttocks to flatten the low back. Hold this contraction and lift one straight leg 5cms. Do not let the back arch or the pelvis twist. Ensure the contraction of the stomach and BOTH buttocks is sustained. Hold for a few seconds then relax.

Repeat 20 times. L R

(adpt Sahrman PhD, PT)

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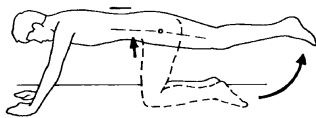
START POSITION: On hands and knees with the knees under the hips and the back relaxed in a neutral position. (Feet relaxed).

ACTION: Keeping the back flat, slowly rock backwards moving at the hips. Do not let the back bend or arch. Stop after a short distance or before the onset of any pain. **ONLY** move backwards as far as the controlled flat back allows. Move slowly and do not stretch.

Repeat 10 times.

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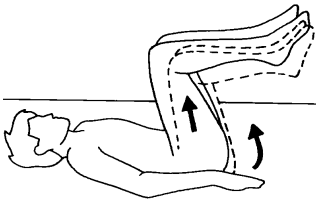


START POSITION: On hands and knees with the knees under the hips and the back relaxed in a neutral position.

ACTION: Keeping the back controlled, slowly straighten the hip and knee to lift the leg out behind you. Contract the buttocks slightly during the leg lift. Do not let the back arch or twist. **ONLY** lift as far as the stable back allows. Hold for a few seconds then lower slowly.

Repeat 10 times. L R

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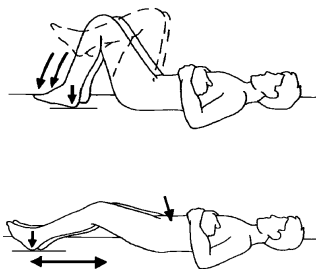


START POSITION: Lie on the back with both feet lifted and the hips flexed to 90 degrees.

ACTION: Hollow the stomach and contract the abdominals to roll the tail bone off the floor. Sustain this contraction.

Hold for 3 secs. Repeat 10 times.

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START POSITION: (SAHRMANN level IV) Lie on the back with both feet lifted and the hips flexed to 90 degrees.

ACTION: Initiate lower lateral abdominal hollowing with activation of transverse abdominals to flatten back. **SUSTAIN** this contraction.

Maintaining this hollowing contraction, slowly lower both heels to touch the floor. Keeping the heels on the floor, slowly slide both heels out. **ONLY** slide the legs as far as trunk control allows. Slowly return to the start position with control.

Hold for 3 secs. Repeat 10 times. L R (adpt Sahrman PhD, PT)

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START POSITON: Stand tall on one foot and lean back against the wall hollow the abdominals to flatten the back to the wall.

ACTION: Slowly lift the non weight bearing knee up in front. Keep the shoulders and pelvis **LEVEL**. Do not allow any movement of the trunk or pelvis. **ONLY** bend the hip as far as pelvic control allows (maximum 90 degrees).

Hold for 5 secs. Repeat 10 times. L R

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