



**EXERCISES**

# LUMBAR EXERCISES

For the first two weeks after surgery, you must take precautions to ensure proper healing. There should be no bending, stooping, lifting, crouching, crawling, pushing, pulling and movements associated with sweeping and vacuuming.

After 2 weeks may lift 10 pounds. After 4 weeks may lift 30 pounds.

At week 3 after your procedure, we ask that you begin gentle core stabilization exercises for your lumbar spine or neck muscle strengthening for your cervical spine on Monday, Wednesday, and Friday.

**PLEASE SEE BELOW THE AMOUNT OF REPS PER EXERCISE PER WEEK.**

**WEEK 3: 5 REPS    WEEK 4: 10 REPS    WEEK 5: 15 REPS**

**WEEK 6: 20 REPS    WEEK 7: 25 REPS    WEEK 8: 30 REPS**

Please note that if any of the exercises cause extreme pain, do not continue with that particular exercise and try again the following week.

**IF YOU NEED IMMEDIATE ASSISTANCE PLEASE CONTACT ASAP AT 480.573.0130.**

**PERFORM EACH OF THESE EXERCISES FOR**

**5 REPS**     **10 REPS**

**FOR AT LEAST SIX SESSIONS.**

**MARK ON THE CALENDAR WHICH DAYS YOU PERFORMED THEM, AND BRING ALL PAGES BACK AT YOUR NEXT APPOINTMENT.**

### PRESS UP



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 2 seconds.

### ARM/LEG LIFT: OPPOSITE (PRONE)



Lift right leg and opposite arm 6 inches from the floor, keeping knee locked.

### HIP EXTENSION (ALL-FOURS)



Lift right leg back with knees slightly flexed. Do not arch neck or back. Repeat on left side.

### ARM/LEG EXTENSIONS: ALTERNATE (ALL-FOURS)



Raise right arm and opposite leg. Do not arch neck. Repeat on opposite side.

### EXTENSION (PRONE)



Lift upper body and legs from floor. Do not arch neck.

### CURL-UP: PHASE 1



With arms at side, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

CONTINUED ON REVERSE...

# LUMBAR EXERCISES

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## BRIDGING WITH STRAIGHT LEG RAISE



With legs bent, lift buttocks 8 inches from the floor. Then slowly extend right knee, keeping stomach tight. Repeat with left knee.

## WALL SLIDE



Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down the wall until thighs are parallel to floor. Keep back flat.

## UPPER BODY EXTENSION (ALL-FOURS)



Raise right arm in front. Do not arch neck. Be sure to keep back flat. Repeat with left arm.

## BENT LEG LIFT (HOOK LYING)



Tighten stomach and slowly raise right leg 6 inches from the floor. Keep trunk rigid. Hold 2 seconds. Repeat with left leg.

## BRIDGING



Slowly raise buttocks from floor, keeping stomach tight.

## STRAIGHT LEG RAISE



Tighten stomach and slowly raise locked leg 12 inches from the floor. Repeat with opposite leg.

## ADVANCED STRAIGHT LEG RAISE



With knees bent and feet 8-10 inches from floor, slowly straighten right leg, keeping stomach tight. Repeat with left leg.

## HALF-KNEELING TO STANDING



Kneeling on right leg, lean forward over other leg, tighten stomach, and rise to standing. Maintain good posture throughout. Repeat with left leg.

## FORWARD LUNGE



Standing with feet shoulder-width apart and stomach tight step forward with right leg. Repeat with left leg.