

Prepared for: _____

Prepared by: _____

Purpose of program: _____

Lumbar Stabilization - 'Side Plank Track'

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

Indication

- Weak abdominal obliques, erector spinae, multifidi, quadratus lumborum
- Contraindicated in spinal stenosis, acute phase disc herniation, acute low back strain/sprain

Application

1. Patient side lying (may be performed on floor, table, or Swiss-ball)
2. Patient resting on elbow straightens (raises) torso & pelvis off the ground
3. Patient repeats procedure repeated on opposite side
4. Decrease difficulty by having knees bent, increase difficulty by straightening leg, moving more slowly, supporting on hand (not elbow), placing a Swiss-ball under feet (very advanced)

Note: only progress to more difficult tasks as endurance & strength increase

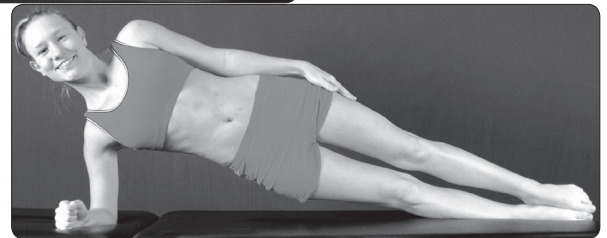
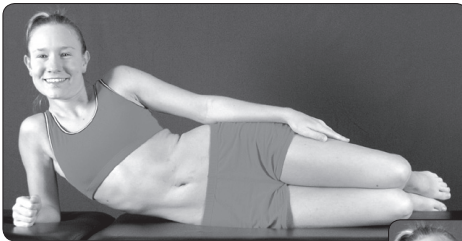
Proper Technique

- Breath & focus on muscles you are working
- Maintain neutral pelvis & do not arch back
- Do movements slowly, if shaking occurs step down a level

Warning: if back pain is aggravated STOP, muscle 'burn' is OK, muscle soreness over the next few days is common & normal

Outcome Measure

- Patient should be working toward maintaining 2 minutes of activity



Prescription

(your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week