

Lumbar Stabilization Exercise Progression

Exercise

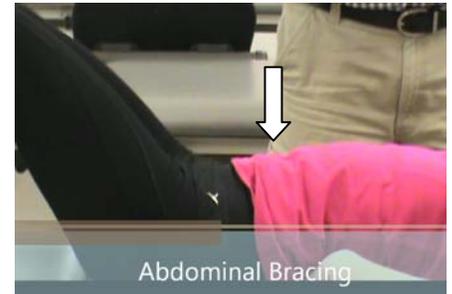
Description

Kegel Exercise

Pelvic floor contraction. Encourage patient to maintain “normal breathing” while “trying to tighten muscles as if stopping the flow of urine.”

Abdominal Bracing (AB)

- Pt supine, hook-lying
- Pt palpates transverse abdominus mm
- Pt tightens abdominals as if “pulling your belly button toward your spine”
- Maintain normal breathing
- Avoid domination by rectus abdom and obliques



AB + “Marching”

- Pt sustains AB throughout (keep breathing)
- Slowly, alternate “marching” with hip flexion to ~90 degrees
- Alternate legs
- Can pt perform exercise with “stable spine?” Use “Stabilizer” (or BP cuff) to find out



AB + Alternate Shoulder Flexion

- Same as AB + March except substitute reciprocal shoulder flexion from 90 degrees to max flex (as shown)



AB + Shld flex + reciprocal hip flex

- Lie supine, hook-lying
- Pt positions both shoulders in 90 degrees shoulder flexion
- Sustain AB
- Flex RIGHT hip while flexing LEFT shoulder
- Return to start position; repeat with other sides (LEFT hip and RIGHT shoulder)



AB + Bridging (flat feet)

- Pt AB and sustains
- Push with legs lifting pelvis from table until knees, hips and shoulders are in a straight line. Do less if limited or pain



AB + Bridging through the heels

- Pt dorsiflexes both feet and stays in the position
- Perform AB + Bridge same as previous



AB + Unilateral Bridging

- Pt lies supine with RIGHT leg flat, LEFT knee bent with foot on table
- AB and sustain (breathe)
- Push with LEFT leg into table raising RIGHT leg and pelvis as ONE UNIT
- Raise until LEFT knee, hip and shoulder are in straight line and slowly lower



Prone Hip Extension (knee straight)

- Lie prone
- Extend one hip with knee straight (raise ~6 – 12 inches)



Prone Hip Extension (knee flexed)

- Lie prone with one knee flexed to 90 degrees
- Extend hip as in previous



**Prone Hip Ext + Contralat
Shoulder Flexion**

- Lie prone, "superman" position
- Extend LEFT leg (knee straight) while raising RIGHT arm up from table
- Alternate



Prone Double Leg Raise

- OPTION 1
- Lie prone, hold table
 - Raise both legs up from table as shown ~8 – 24 inches



- OPTION 2
- Stand at edge of table with body on table but feet on floor (like prone instability test). Pt holds table with both hands
 - Raise both legs to desired height

**Prone Double Leg Raise +
Double Arm Raise**

- Lie prone
- Raise both legs and both arms simultaneously

