



Fax

To: Diana **From:** SpineZone Medical Fitness Inc.

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Re: Lumbar Stretches and Exercises **Date:** Sep 15, 2015

Urgent **For Review** **Please Comment** **Please Reply** **For Information**

● **Comments:**

Attached are lumbar stretches and exercises for Dr. Daub. If you have any questions our PT Michael is available at 619-574-8770 or Michael@spine-zone.com.

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Notes:

1. Stretching IT band

- Lie on your back with your knees bent.
- Place one foot on the opposite knee and use your foot to lower your knee towards the ground until you feel a stretch across your outer thigh.
- Hold the stretch for 20-30 seconds and slowly return to the initial position.



2. Anterior pelvic tilt

- Lay on your back keeping your back flat, knees bent and feet flat on the floor.
- Tighten your abdominals to push your lower back into the floor.
- Hold 3 seconds
- Repeat 10 times



3. Cat and dog stretch

- Start on all fours with your back straight, hands under the shoulders and knees under the hips.
- To do the dog stretch, slowly exhale and let the belly fall toward the floor to arch the back and extend the head at the same time.
- To do the cat stretch, slowly inhale, round the back and tuck the chin to the chest.
- Alternate between these two positions slowly. 10 times each



4. Passive lumbar extension

- Lie on your stomach with your hands under your shoulders.
- Push up with your arms and lift gradually your head then your upper back all the way to your lower back keeping the glutes relaxed and your pelvis against the ground.
- Push up until you feel a small discomfort in the lower back, lower yourself and repeat 10 times.



5. Bilateral glute bridge

- Lie on your back with your knees bent.
- Squeeze your buttocks together and lift them off the ground to make a straight line with your body.
- Slowly lower your body and repeat 10 times
- Your head, shoulders and feet are the points of contact on the ground in the high position.
- Either have your feet completely on the ground or only your heels.





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Notes:

6. Hip flexors stretch

- Lie on your back with your knees bent and your feet flat on the ground.
- Lift one knee towards your chest and hold it with your hands 30 seconds.
- Slide your other leg out straight.
- Hold the position for 30 seconds. Switch legs



7. Repeated lumbar extension

- Stand with your chin tucked in and place your hands on your buttocks.
- Bend your back backwards, arching the lower back and keep your chin tucked in (look forward).
- Return to the starting position and repeat 10 times.



8. Assisted lumbar flexion

- Wrap your hands around your knees and pull them towards your chest.
- Raise your head and shoulders off the floor and bring them towards your knees. Hold 30 seconds



9. Lumbar stretch, flexion

- Lie on your back with your knees bent.
- Lift one knee towards your chest and pull it as far as you can with your hands. Hold 30 seconds
- Lower your leg and repeat with the other leg.
- Now lift both legs (one at a time) and pull them both towards your chest as far as you can to flatten your lower back.



10. Stretching figure 4

- Lie on your back with the involved leg bent and place the same hand on your hip to keep the pelvic area flat on the floor.
- Grasp your knee with the opposite hand and pull your thigh inward until a stretch is felt in the buttocks area. hold 30 seconds. Switch legs





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Notes:

11. Hamstring



- Lie on your back and pull your knee towards chest.
- Gently straighten leg by lifting foot towards ceiling until a light stretch is felt while keeping your buttocks to the ground.
- Hold for 20-30 seconds
- Slowly return to initial position. switch legs

12. Lumbar rotation stretch



- Lie on your back, then bring one knee toward your face so that your hip is flexed to 90 degrees.
- With the opposite hand, pull it sideways toward the floor to feel a stretch in the lower back/buttock. hold 30 seconds. Switch legs
- Keep the shoulders flat on the ground during the stretch.

13. Piriformis Stretch



- Lie flat on ground and bend knee until one foot is flat on the ground. Cross other leg over your body and grab your knee and ankle and pull crossed leg to your chest. Hold for 30 seconds.

14. Active ROM Rotation



- Lie on your back with knees bent and arms in a cross position.
- Keeping knees together, and with FEET ON THE FLOOR!!!!, slowly drop your legs to the side of the hand with the palm facing up to maximum range.
- Rotate side to side slowly up to 20 times each

15. Lumbar rotation



- Lie on your back with your knees bent, crossed one over the other and your foot on the floor (crock lying).
- Place your arms out to the side for stability.
- Slowly lower your legs to one side until you feel a gentle stretch and then to the other side. Repeat 20 times each.



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Notes:

16. Strengthening gluteus med.

- Lie on your side with a band around your thighs, just above your knees.
- Your hips should be flexed slightly and your head supported.
- Keep your feet together and open the top knee to externally rotate the hip. Repeat to 20 times



17. Abdominal plank

- Start in all fours, then prop yourself up on your forearms and toes, with your chin tucked in.
- Lift up your body, creating a straight line with your body.
- Maintain the position without arching the lower back.



18. Superman

- Keeping your balance on your hands, knees and feet, tighten slightly your abdominals and lumbar muscles then lift one arm and the opposite leg without allowing the trunk to move or rotate. Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.
- This is a progress from the stabilization of the Multifidus. Please work toward this.



19. Dead bug

- On your back and with the pelvis stabilized, bring your legs at 90 degrees one after the other and lift your arms up.
- Under control, lower the right leg and right arm toward the floor and lift back up.
- Keep the pelvis still and stabilized at all time.
- Repeat with the other side.



20. Side plank

- Lie on your side with the knees bent to 90 degrees and the legs in line with the body.
- With your upper body supported on your elbow, make sure the elbow is directly under the shoulder.
- Engage your core by recruiting your pelvic floor and transverse abdominis.
- Lift your pelvis until your body is aligned and maintain the position.





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Notes:

21. Stabilization multifidus



- Get on your hands and knees (four point position) with your knees and hands, hip and shoulders width apart. Your back is in neutral position (slightly arched) and your chin must be tucked in.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of maximal contraction.
- Maintain a steady abdominal breathing while you simultaneously lift one leg backwards and the opposite arm overhead keeping your back in neutral position.
- Return to the initial position and repeat with the other leg and arm.

22. Stabilization squat



- Stand with both feet hip width apart and facing forward.
- While keeping your back straight and your knee caps aligned with your second toes slowly lower your body into a squat position (90 degrees), leaning slightly forward as you would sit in a chair keeping your heels in contact with the ground.
- Push your weight into your heels and activate your glutes to come back up to the initial position and repeat.

23. Strengthening extension



- Lie face down on a mat with your arms behind your head and your chin tucked in.
- Lift your upper body up by pulling your shoulder blades together without lifting your feet.
- Return to the starting position and repeat.