

Prepared for: \_\_\_\_\_

Prepared by: \_\_\_\_\_

Purpose of program: \_\_\_\_\_

## Lumbar Stabilization - 'Bridge 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

- Lumbar stabilization/core body strength & aerobic conditioning
- Weak/inhibited gluteals, hip flexors, abdominals

### Application

1. Patient supine, with knees bent – attempts to raise pelvis & holds for 1 minute (or as long as possible)
2. As endurance increases – patient lifts one heel off table & holds for 1 minute, then alternates legs
3. As endurance increases – patient lifts one straight leg off table & hold for 1 minute, then alternates legs

Note: only progress to next level of difficulty as endurance & strength increase

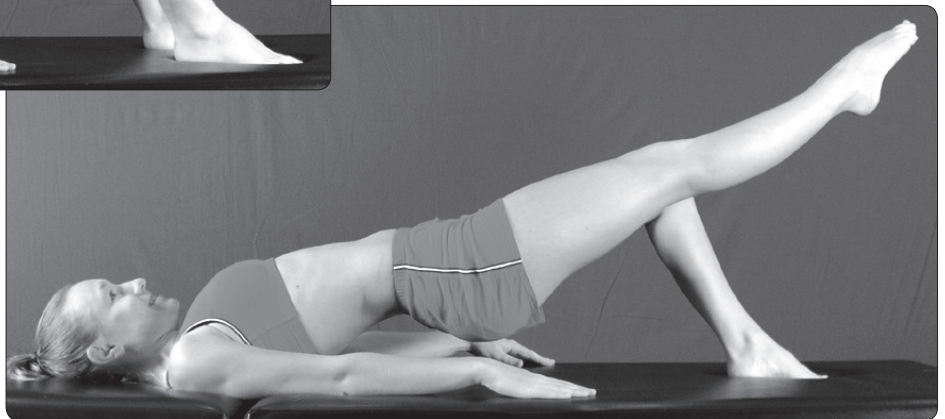
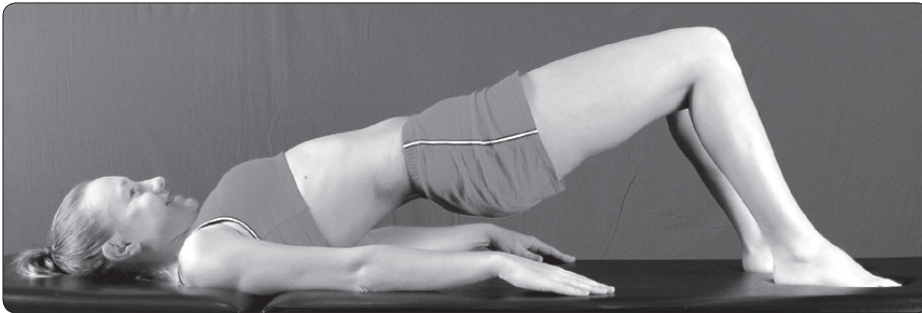
### Proper Technique

- 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

- Increased endurance & difficulty of activity
- Patient work up to maintaining activity for up to 2 minutes



### 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