
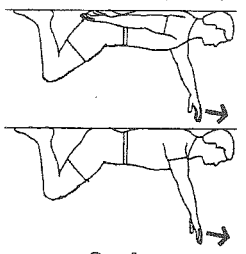
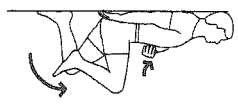
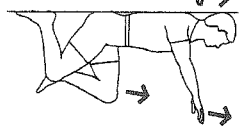
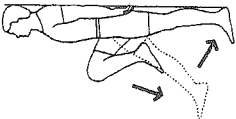


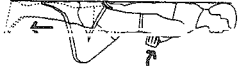




EXERCISE PROGRAM FOR: Core Stability

<p>*AROM lumbar neutral spine supine</p>  <p>• Lie on back with knees bent. Tighten lower stomach muscles (easy). Pull bellybutton to spine • Do not hold you breath. • Attempt performing this exercise in different positions- sitting, standing, and with transfers. Perform 1 set of 10 Repetitions, once a day. Hold exercise for 5 Seconds.</p>	<p>AROM hip/knee fix alt/warms supine</p>  <p>• Lie on back with knees bent, low back in neutral. • Raise right arm off floor as shown. • Return to start position. • Repeat with left arm. Special Instructions: Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements. Perform 3 sets of 10 Repetitions, once a day.</p>
<p>AROM abdominal/lumbar training supine bent knee raise</p>  <p>• Lie on back. • Tighten abdominal muscles, visualize trying to push belly button up under ribs. • Use your hand to help push belly button up under ribs if needed. • While maintaining abdominal tension, lift one leg up to 90 degrees, with knee bent, as shown. • Slowly lift other leg up to 90 with knee bent, maintaining abdominal tension. • Hold for 5-10 seconds, then return legs to floor, one at a time. Repeat. Special Instructions: Maintain a proper lumbar position throughout the exercise. Do not hold breath. Perform 3 sets of 10 Repetitions, once a day.</p>	<p>AROM alt arms supine hooklying</p>  <p>• Lie on back with knees bent, low back in neutral. • Raise left leg and right arm off floor as shown. • Return to start position. • Repeat with right leg and left arm. Special Instructions: Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements. Perform 3 sets of 10 Repetitions, once a day.</p>

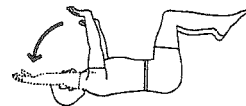


<p>AROM abdominal eccentric SLR</p>  <p>• Lie on back. • Tighten abdominal muscles. • Bring one knee up to chest. • Keep other leg on floor. • Straighten knee. • Slowly lower leg to floor. • Repeat with other leg.</p> <p>Special Instructions: Maintain neutral spine. Do not hold breath. Perform 3 sets of 10 Repetitions, once a day.</p>	<p>AROM abdominal/lumbar training supine uni heel slides</p>  <p>• Lie on back. • Tighten abdominal muscles, visualize trying to push belly button up under ribs. • Use your hand to help push belly button up under ribs if needed. • While maintaining abdominal tension, lift one leg up to 90 degrees, with knee bent, as shown. • Slowly lift other leg up to 90 with knee bent, maintaining abdominal tension. • Hold for 5-10 seconds, then return one leg to floor, and slide it out until straight. • Bring this same leg back up to the bent position and lower the other leg until straight. Repeat: Maintain a proper lumbar position throughout the exercise. Do not hold breath. Perform 3 sets of 10 Repetitions, once a day.</p>
<p>AROM lumbar neutral spine quadruped</p>  <p>• Begin on hands and knees. • Maintain neutral spine by tightening abdominal muscles. • Relax and repeat.</p> <p>Special Instructions: Imagine balance a glass of water or a cane on your back. Perform 3 sets of 10 Repetitions, once a day. Hold exercise for 5 Seconds.</p>	<p>AROM abdominal/lumbar training supine bil heel slides</p>  <p>• Lie on back. • Tighten abdominal muscles, visualize trying to push belly button up under ribs. • Use your hand to help push belly button up under ribs if needed. • While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent. • Return both legs to floor and straighten both legs. • Return legs to the bent position and repeat.</p> <p>Special Instructions: Maintain a proper lumbar position throughout the exercise. Do not hold breath. Perform 3 sets of 10 Repetitions, once a day.</p>



EXCELLENCE
IN ORTHOPEDICS

AROM lumbar alt arm quadrupped

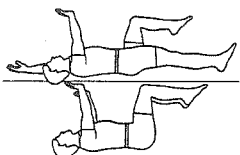


- Kneel on all fours.
- Lift left arm up, keeping elbow straight.
- Return arm to start position.
- Lift right arm.
- Lower and repeat.

Special Instructions:

Maintain a neutral spine and do not allow low back to twist.
Perform 3 sets of 10 Repetitions, once a day.
Hold exercise for 5 Seconds.

***AROM lumbar alt leg/arm (bird dog)**



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.
Perform 3 sets of 10 Repetitions, once a day.
Hold exercise for 5 Seconds.

OrthoCarolina

Issued By:

These exercises are to be used only under the direction of a licensed, qualified professional.

Signature: _____