

***AROM lumbar neutral spine supine**

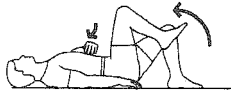


- Lie on back with knees bent. Tighten lower stomach muscles (easy). Pull bellybutton to spine
- Do not hold your breath.
- Attempt performing this exercise in different positions- sitting, standing, and with transfers.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 5 Seconds.

AROM abdominal/lumbar training supine bent knee raise



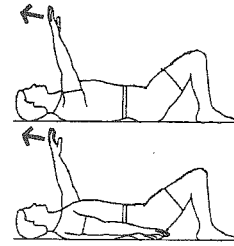
- Lie on back.
 - Tighten abdominal muscles, visualize trying to push belly button up under ribs.
 - Use your hand to help push belly button up under ribs if needed.
 - While maintaining abdominal tension, lift one leg up to 90 degrees, with knee bent, as shown.
 - Slowly lift other leg up to 90 with 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.

AROM alt arms supine hooklying



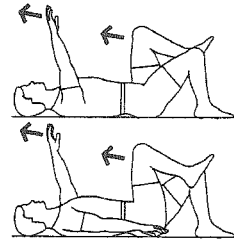
- Lie on back with knees bent, low back in neutral.
- Raise right arm off floor as shown.
- Return to start position.
- Repeat with left arm.

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.

AROM hip/knee fix alt w/arms supine



- 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.

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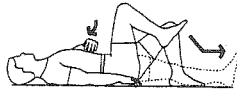
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AROM abdominal/lumbar training supine uni heel slides



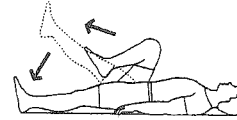
- Lie on back.
 - Tighten abdominal muscles, visualize trying to push belly button up under ribs.
 - Use your hand to help push belly button up under ribs if needed.
 - While maintaining abdominal tension, lift one leg up to 90 degrees, with knee bent, as shown.
 - Slowly lift other leg up to 90 with 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.

Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.

Perform 3 sets of 10 Repetitions, once a day.

AROM abdominal eccentric SLR



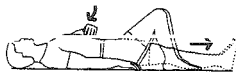
- Lie on back.
- Tighten abdominal muscles.
- Bring one knee up to chest.
- Keep other leg on floor.
- Straighten knee.
- Slowly lower leg to floor.
- Repeat with other leg.

Special Instructions:

Maintain neutral spine. Do not hold breath.

Perform 3 sets of 10 Repetitions, once a day.

AROM abdominal/lumbar training supine bil heel slides



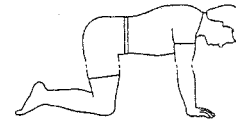
- Lie on back.
- Tighten abdominal muscles, visualize trying to push belly button up under ribs.
- Use your hand to help push belly button up under ribs if needed.
- While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent.
- Return both legs to floor and straighten both legs.
- Return legs to the bent position and repeat.

Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.

Perform 3 sets of 10 Repetitions, once a day.

AROM lumbar neutral spine quadruped



- Begin on hands and knees.
- Maintain neutral spine by tightening abdominal muscles.
- Relax and repeat.

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.

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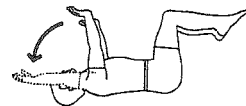
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EXCELLENCE
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AROM lumbar alt arm quadrupped

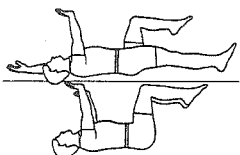


- Kneel on all fours.
- Lift left arm up, keeping elbow straight.
- Return arm to start position.
- Lift right arm.
- Lower and repeat.

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.

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