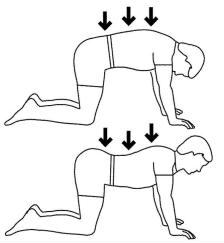
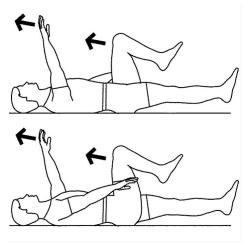
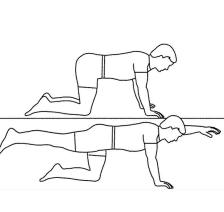
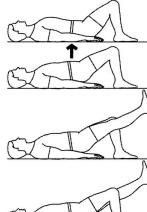
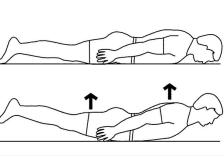


Exercise Program For:
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<p>AROM lumbar flex/ext quadruped (Cat-Camel combo)</p>  <ul style="list-style-type: none"> Begin in 4 point kneeling, back in neutral position. Tuck chin in and continue by rounding back upward one segment at a time. Reverse by letting back arch one segment at a time, but keep neck in neutral at the end. <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>AROM hip/knee flex unsupported w/alt arms supine</p>  <ul style="list-style-type: none"> Lie on back with legs straight, low back in neutral position. Raise right leg and left arm off floor. Slowly straighten right leg and lower left arm, while bringing left leg and right arm up. Alternate as shown. Arms and legs do not return to floor. <p>Special Instructions: Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements.</p> <p>Perform 5 sets of 1 Minute, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>AROM lumbar alt leg/arm (bird dog)</p>  <ul style="list-style-type: none"> 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. <p>Special Instructions: Maintain neutral spine, do not twist. Progress by placing weights on ankles and wrists.</p> <p>Perform 5 sets of 1 Minute, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>AROM lumbar bridging w/ alt leg</p>  <ul style="list-style-type: none"> Lie on back with knees bent. Lift buttocks off floor. Extend one leg and return leg to floor. Extend other leg and return leg to floor. Lower buttocks. Repeat. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 5 sets of 1 Minute, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>AROM lumbar ext prone mid level</p>  <ul style="list-style-type: none"> Lie face down with arms at side. Arch upward, raising shoulders and thighs off floor. Return to start and repeat. <p>Special Instructions: Progress by holding for 2-3 seconds.</p> <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	

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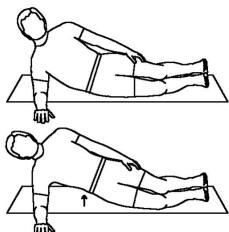
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AROM lumbar sidebend pushup



- Lie on floor on your side, forearm supporting upper body.
- Knees should be bent to 45 degrees.
- Place free hand on hip as shown.
- Keep knee and lower leg on floor and raise hip off floor.
- Lower and repeat.
- Repeat exercise on other side.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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