

The following are rehabilitation exercises that can help limit the risk for injuries to the lumbar and thoracic spine. It is not an all-inclusive list, nor does it actually prevent an injury from occurring. Performing these exercises preventatively can also help you recover from injury more quickly.

The following exercises can be used for: muscle strains, Facet Joint Dysfunction, Disk Pathologies, and Spondylolysis.

Choose 4-5 exercises to complete each week and follow the instructions.

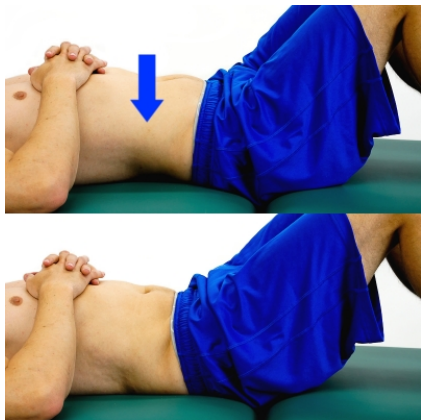


### CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling. Mentally think of trying to get your bellybutton to the floor and push your butt out. Hold for 3 seconds.

Next return to a tucked-chin position and curve your back the opposite direction. Try to draw your bellybutton up through your body towards the ceiling and tuck your butt under. Hold for 3 seconds

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 3 Time(s) a Week



### PELVIC TILT

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 3 Time(s) a Week



### BIRD DOG

While in a crawling position, brace at your abdominals and then slowly lift a leg and opposite arm upwards.

Maintain a level and stable pelvis and spine the entire time. Hold for 3 seconds and switch sides.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



### OPEN BOOK

Lying on your side, arms straight out in front of you. Keeping arms straight, move top arm away from bottom and try to reach back of hand to opposite side of mat while keeping lower half still (legs don't move).

Repeat 10 Times  
Hold 10 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week

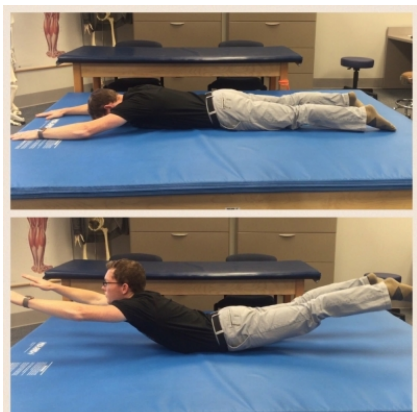


### STIR THE POT

Start in a kneeling position and place hands and forearms on physioball. Keeping spine in line and tight core, "stir the pot". Stir your forearms clockwise while pushing against physioball. Complete 5 reps and then "stir the pot" counterclockwise for another 5 reps. This is 1 set.

Progression: move into a full plank position

Complete 5 Sets  
Perform 3 Time(s) a Week



### SUPERMAN

Laying face-down with arms outstretched overhead, simultaneously lift your arms and chest, and legs off the floor/mat. Hold for 2 seconds. Return to flat resting position.

Progression: balance torso on a bosu or physioball.

Repeat 10 Times  
Hold 2 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



### MEDICINE BALL - 90 90 TRUNK ROTATIONS

Start by firmly holding a medicine ball between your knees and lying on your back with your legs in TABLE TOP position as shown. Your hips and knees should be bent to 90 degree angles. Rock your pelvis and knees side-to-side.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week



Do not allow your back to arch upward during the exercise.



### BOSU - BRIDGE

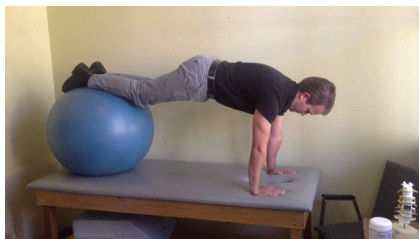
Start by sitting in front of a Bosu, next lean back on the Bosu and lift up your buttocks as shown.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week



Progression:

1. raise one leg while back is on bosu and perform sets.
2. place bosu under feet and perform sets first double-legged, then single legged.



### BALL PLANK WITH CURL

Walk out from the ball and stabilize the spine by pulling in your abdominals to perform a plank.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week

Curl your knees into your chest and return to the plank position.



### ANTI ROTATION

Standing with the band in your hands at chest height, push your hands directly out in front of you and bring them back in toward your chest. Make sure that the band is anchored at the side of you at chest height. You can also do this with a cable machine.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week



### BOSU PLANK ROCK

While in a plank position on your toes and holding an inverted Bosu Ball as shown, tilt the Bosu side-to-side as you shift your body weight.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week



### BRACE - BICYCLE

While lying on your back with your knees bent, raise up both feet and straighten one out in front of you. Then return the leg back and straighten the other. Use your stomach muscles to keep your spine from moving.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week



### BRACE - BILATERAL STRAIGHT LEG RAISE

While lying on your back with your knees straight, raise up both legs. Use your stomach muscles to keep your spine from moving.

Repeat 10 Times  
Hold 3 Seconds  
Complete 3 Sets  
Perform 3 Time(s) a Week



### FULL PLANK WITH ROTATION

Hold a plank position in full elbow extension position with your legs spread apart as shown.

Next, lift one arm up and behind you as you rotate your trunk and head in the same direction. Return and repeat on the other side.

Repeat 10 Times  
Complete 3 Sets  
Perform 3 Time(s) a Week