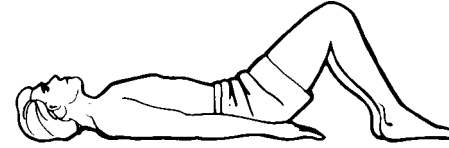


Lumbar Stabilization Exercises

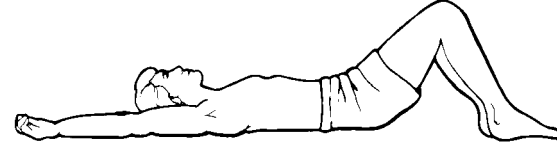
For each of the 4 sections of exercises the exercises are organized beginning with the easiest one and progressively getting more difficult.

NEUTRAL POSITION PROGRESSION

1. Lie on your back with knees bent and feel flat on the floor. Maintain neutral position.



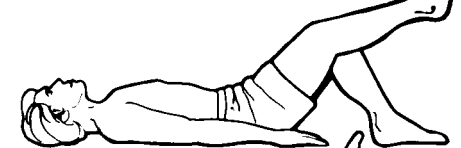
2. Maintaining neutral as in number 1, raise one arm overhead.



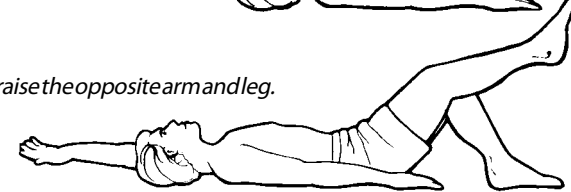
3. Maintaining neutral, raise both arms overhead.



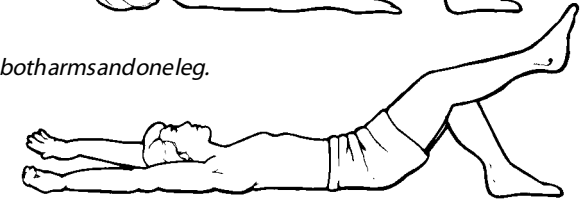
4. Maintaining neutral, raise one leg.



5. Maintaining neutral, raise the opposite arm and leg.



6. Maintaining neutral, raise both arms and one leg.



7. Maintain neutral as you gradually lower your legs. Walk feet out as far as possible maintaining the position.

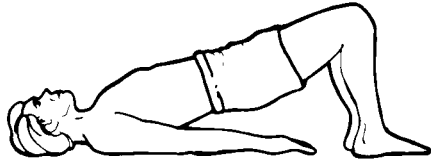


8. Maintain neutral with your legs out as straight as possible and raise arms overhead.

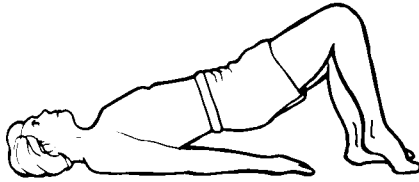


BRIDGING PROGRESSION

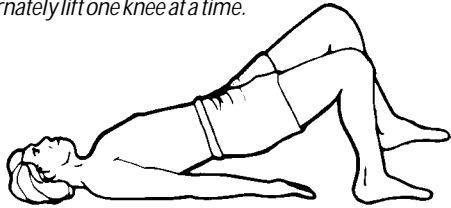
1. Lie on your back with knees bent and feet flat on the floor. Maintain neutral and then lift buttocks off the floor and hold. Be sure not to arch your back. Lower hips slowly to the floor.



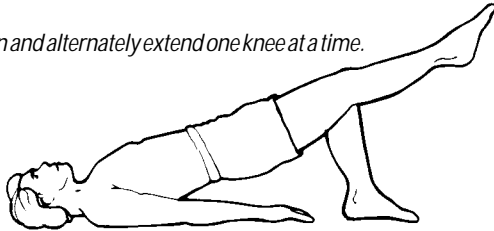
2. Hold a bridging position as in number 1 and alternately raise one heel at a time.



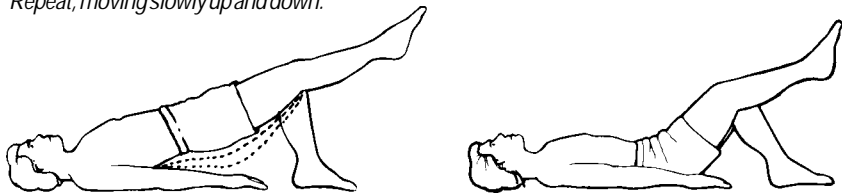
3. Hold a bridging position and alternately lift one knee at a time.



4. Hold a bridging position and alternately extend one knee at a time.

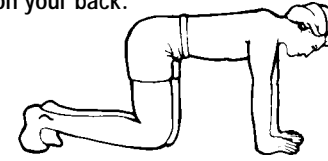


5. Beginning in the position in #4, lower buttocks to the floor keeping the leg out and your back in neutral. Repeat, moving slowly up and down.

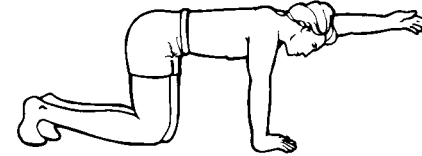


QUADRIPED PROGRESSION

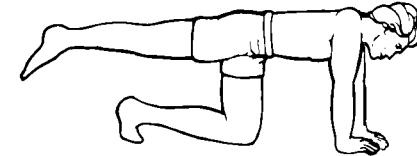
1. Get on your hands and knees and find the neutral position of your spine. Imagine you are balancing a glass of water on your back.



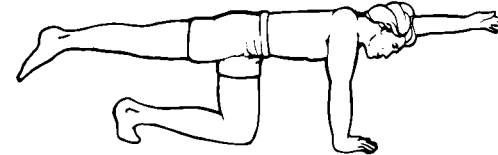
2. Maintain the neutral position of your spine on hands and knees and lift one arm. Be sure there is no movement in the low back. (Don't spill the water!)



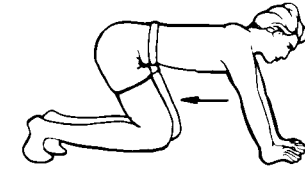
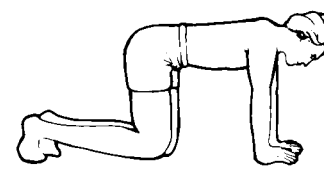
3. Maintain a neutral spine on hands and knees and lift one leg.



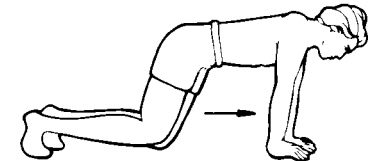
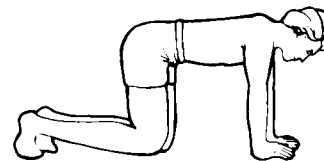
4. Maintain a neutral spine on hands and knees and lift opposite arm and leg.



5. Maintain a neutral spine on hands and knees and rock backward. The movement should take place at the hips as you gradually "poke" back. There should be no movement of the low back.



6. Maintain a neutral spine on hands and knees and rock forward. This requires a gradual tilt of the pelvis as you move forward. There should be no movement in the low back.



KNEELING PROGRESSION

1. *Maintain neutral while kneeling.*



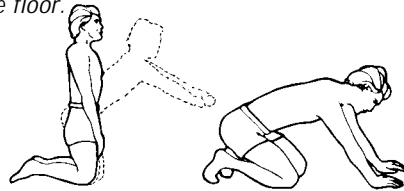
2. *Alternately raise one arm overhead maintaining neutral with a gradual pelvic tilt.*



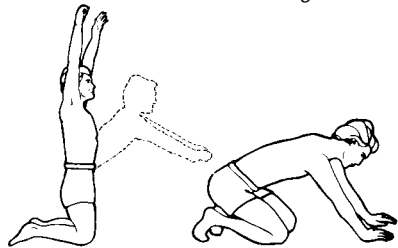
3. *Raise both arms overhead maintaining neutral with a gradual pelvic tilt.*



4. *From a kneeling position slowly reach toward the floor. Movement should occur at the hips as you gradually lower yourself to touch the floor.*



5. *Combine #3 and #4 reaching from overhead to the floor maintaining neutral appropriately.*



6. *Kneeling on one knee with the other foot flat on the floor, reach from overhead to the floor maintaining neutral appropriately.*

