

LUMBAR EXTENSION EXERCISES

TIPS FOR PERFORMING THESE EXERCISES

✓ Centralization:

- The closer the pain is to your spine, the better. (e.g. the pain is better in your foot than in your knee)
- An increase in your low back pain can be expected. This is acceptable as long as your leg symptoms are not increasing

✓ Stop the exercise and let your doctor or therapist know right away if you have either of these problems:

- Any change in your bowel or bladder control
- Any increase in weakness in your leg or foot

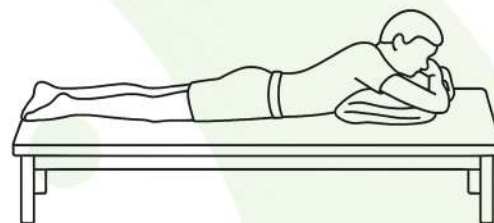
✓ If Your Pain Returns:

- Adjust your posture
- If no improvement, begin your exercises

DO EACH EXERCISE _____ TIMES A DAY

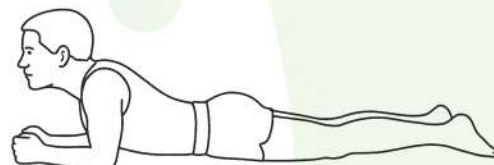
✓ PRONE EXTENSION (POSITIONED)

- Lie on stomach with pillows under chest for comfort
- Repeat exercise _____ times
- Hold position for _____ seconds
- Option: Squeeze your buttocks together as tightly as possible
 - Repeat exercise _____ times
 - Hold position for _____ seconds



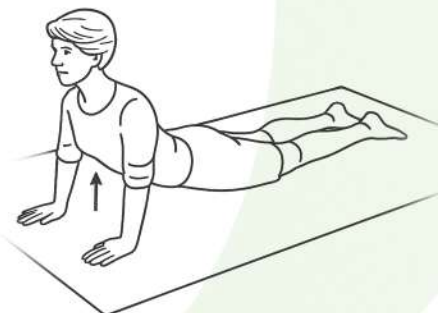
✓ PRONE EXTENSION ON ELBOWS

- Keep your back and buttocks relaxed and rise up on elbows as high as possible
- Concentrate on keeping your hips down
- Repeat exercise _____ times
- Hold position for _____ seconds



✓ PRONE PRESS-UPS

- Place hands beside shoulders
- Keep your back and buttocks relaxed and use your arms to press up
- Concentrate on keeping your hips down
- Push up your upper body as high as possible
- Repeat exercise _____ times.
- Hold position for _____ seconds.



✓ STANDING EXTENSION

- Stand with your feet apart and hands on the small of your back with fingers pointing backwards
- Bend backwards at the waist, supporting the trunk with your hands
- Keep your knees straight
- Repeat exercise _____ times
- Hold position for _____ seconds
- Option: Perform with back against countertop for support



LUMBAR EXTENSION EXERCISES

✓ SIDELIDE IN STANDING

- Stand at a right angle to the wall about 2 feet out from the wall
- Lean your _____ shoulder into the wall
- Move your _____ hips toward the wall, keeping your legs together and your knees straight
- Return to the starting position
- Repeat exercise _____ times
- Hold position for _____ seconds



✓ BRIDGING

- Tighten your abdominal muscles to keep your back in a neutral position
- Use your buttock muscles to slowly rise off the surface without bending your lower back
- Relax your shoulders and neck as you hold
- Make sure to keep your breathing even
- Repeat exercise _____ times
- Hold position for _____ seconds



✓ PRONE LEG RAISES

- Lie on your stomach with a pillow under your hips
- Raise the right leg 1 inch off the mat
- Then, raise the right leg 3-6 inches off the mat
- Repeat with the left leg
- Option: Add _____ lb. cuff weights to ankles
- Repeat exercise _____ times
- Hold position for _____ seconds

