

Prepared for: _____

Prepared by: _____

Purpose of program: _____

Lumbar Stabilization - 'Quadriped Track'

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

Indication

- Weak gluts & multifidi
- Track places minimal load on spine (usually safe for most patients)

Application

1. Patient prone on hands & knees (on floor or table)
2. Patient raise one arm, then alternate
3. Patient raise one leg, then alternate
4. Patient raise opposite arm & leg simultaneously, then alternate

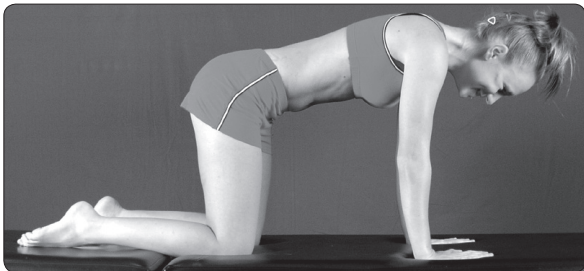
Note: only progress to more difficult tasks as endurance & strength increase

Proper Technique

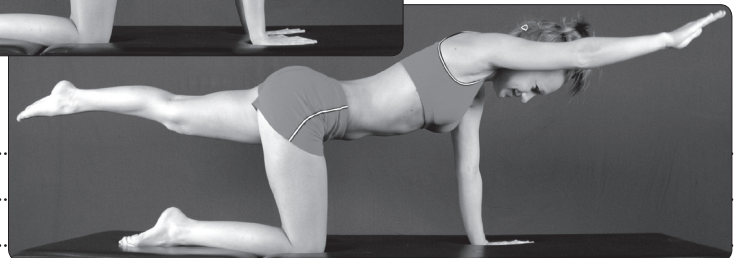
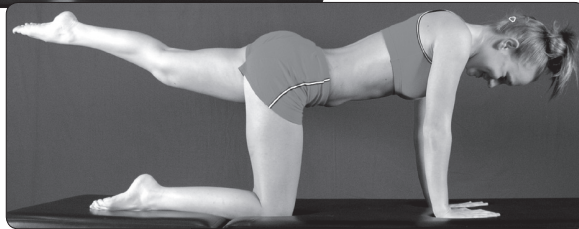
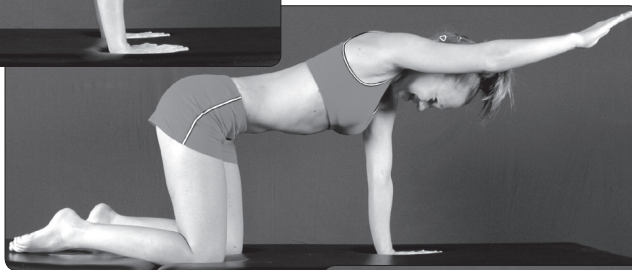
- Breath & focus on muscles you are working
 - Maintain neutral pelvis & do not arch back
 - Do movements slowly, if shaking occurs step down a level
- Warning: if back pain is aggravated STOP, muscle 'burn' is OK, muscle soreness over the next few days is common & normal

Outcome Measure

- Patient should be working toward maintaining 3 minutes of activity or hold positions for 5 seconds



- Could start with simple "cat" stretches (flex & extend lumbar spine)



Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week