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.

*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.
☐ PRONE PRESS-UPS
  o Place hands beside shoulders
  o Keep your back and buttocks relaxed and use your arms to press up.
  o Concentrate on keeping your hips down
  o Push up your upper body as high as possible.
  o Repeat exercise ______ times.
  o Hold position for ______ seconds.

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

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

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☐ 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.

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