QUADRUPED DYNAMIC LUMBAR STABILIZATION PROGRESSION

FOR THESE EXERCISES, BE SURE TO KEEP YOUR BACK IN A PAIN-FREE POSITION.

Do each exercise _____ times a day.
Repeat each exercise _____ times.
Hold each position for _____ seconds.

□ FORWARD AND BACKWARD WEIGHT SHIFT
  - Get on your hands and knees, keeping your back straight.
  - Shift your body forward toward your hands.
  - Shift back on your knees.

□ ALTERNATING ARM RAISES
  - Get on your hands and knees, keeping your back straight.
  - Place the cane on your back in line with your head and buttocks.
  - Raise your right arm out straight, keeping the cane from moving.
  - Repeat with left arm.
  - Option: Add ____ lb. cuff weights on wrists.

*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.
☐ **ALTERNATING LEG RAISES**
  - Get on your hands and knees, keeping your back straight.
  - Place the cane on your back in line with your head and buttocks.
  - Raise your left leg out behind you, keeping the cane from moving.
  - Keep your back in the same position that you started.
  - Repeat with right leg.
  - **Option:** Add ____ lb. cuff weights to ankles.

☐ **ALTERNATING ARM AND LEG RAISES**
  - Get on your hands and knees, keeping your back straight.
  - Place the cane on your back in line with your head and buttocks.
  - Raise your opposite arm and leg, keeping the cane from moving.
  - Keep your low back in the same position that you started.
  - Repeat with opposite arm and leg.
  - **Option:** Place a ____ lb. cuff weight on ankles.
  - **Option:** Place a ____ lb. cuff weight on wrists.

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