

IMG PHYSICAL THERAPY

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Walking Activities with Kettlebells Home Exercise Sheet

Rehabilitation of the Lumbar spine and lower extremities can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember...

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance, lower the number of sets or repetitions, or reduce the range of motion to avoid the area of pain.
- ◇ Most exercises that do not involve the injured region can be done as long as the exercise does not increase the pain.
- ◇ When in doubt about how much weight to use for exercises, guess low. It is safer and easier to add weight than to hurt yourself with too much weight.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 2 to 3 days per week.



Suitcase Carry

Holding the weight(s) at your side, keep your shoulders back and engaged
 Walk forward while holding weight(s) at your sides without swinging your arms
 Keep your core engaged throughout
 Take regular sized steps throughout exercise

This may be completed with 1 or 2 weights

Walk _____ feet _____ Repetitions

Perform _____ Time(s) per day, _____ Time(s) per week



Sideways Bob and Weave

Start standing upright with weight at chest level
 Step out with your left leg and squat down, bending at the hips and keeping the back straight
 Keep your upper body straight while in the squat position
 Seamlessly return to starting position by bringing the right leg to the left

May be completed in one direction or going back and forth, right to left

Complete _____ Set(s) _____ Repetitions

Perform _____ Time(s) per day, _____ Time(s) per week



Split Squat Goblet

Start by standing with weight in both hands at chest height and one leg forward
 Squat by flexing the knee and hip of the front leg, allowing the back heel to rise up
 Back knee should bend as well
 Return to starting position. Repeat
 Maintain upright posture throughout motion. The knee should always point forward

Switch forward leg after completing desired repetitions

Complete _____ Set(s) _____ Repetitions

Hold 1 second at end of available motion

Perform _____ Time(s) per day, _____ Time(s) per week



High

Hold
 Engage
 Step
 Keep the
 Walk

Walk
 Hold 1

Perform



Knee Walking

weight at chest or extended out in front of you
 your abdomen and raise one knee up to waist height as shown
 forward with that raised foot then raise the opposite knee to waist height
 weight close to your chest or extended out as when you started throughout
 forward in a controlled manner, pausing with your knee at waist height

_____ feet for _____ Repetitions
 second with knee at waist height

Time(s) per day, _____ Time(s) per week