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Core and Lower Extremity Home Exercises

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.

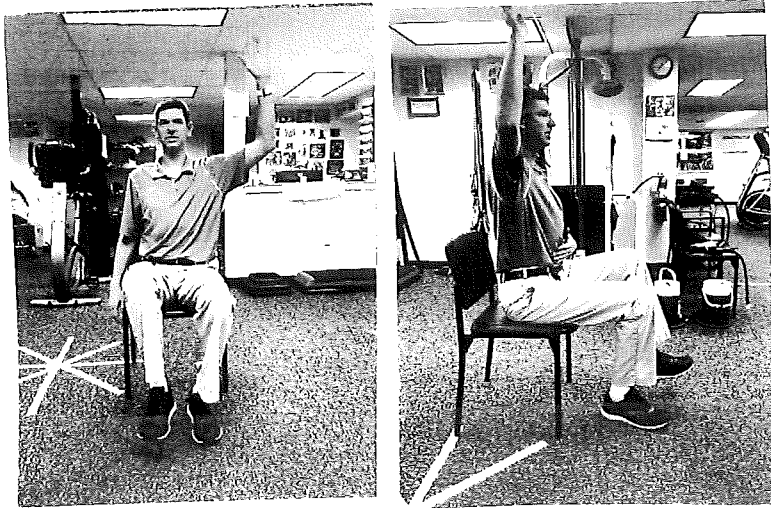
When you are exercising on your own there are some things to remember....

- ◇ 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 your self 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 3 to 5 days per week.
Perform 2 sets of 15 repetitions for strengthening exercises

Ice / Moist Heat for 15 minutes before / after exercising.

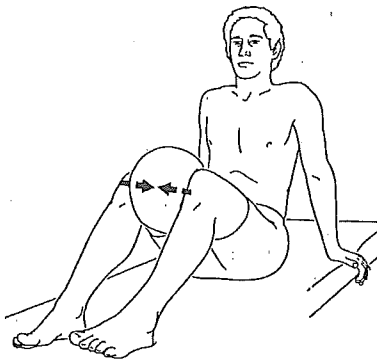
Seated Stability UE & LE



___ Sets of ___ Repetitions for each way

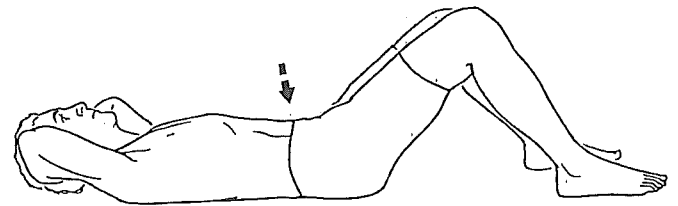
1. Start with the arm and lift to pain free range. while maintaining a straight tight posture by engaging the abdominals.
2. Then do the leg lifts
3. Then alternate one arm and one leg

HIP / KNEE - 16 Strengthening: Hip Adduction – Isometric



With ball or folded pillow between knees, squeeze knees together. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

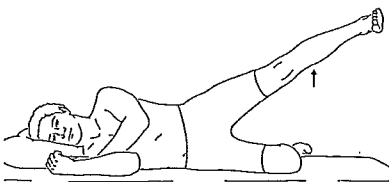


BACK - 22 Pelvic Tilt

Flatten back by tightening stomach muscles holding for 10 seconds.

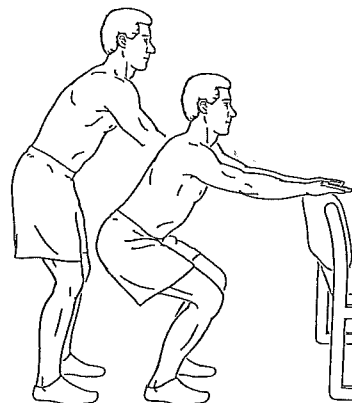
Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.

Strengthening: Hip Abduction / Rose-wall Slides



Repeat 15 times per set.
Do 3-5 sessions per week.

Do 2-3 sets per session.



Repeat 15 times per set.
Do 1-3 sets per session.
Do daily.

Lay on side with whole body flat against the wall. Then lift leg along the wall as high as you can keeping your whole leg against the wall keeping knee locked. After completing switch sides.

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary. Avoid letting your knee go over your toes. Pretend you are sitting in a chair.