

IMG PHYSICAL THERAPY

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Lumbar Core Stability Retraining Home Exercises for the Elderly

Rehabilitation of the Lumbar spine 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.
- ◇ 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.

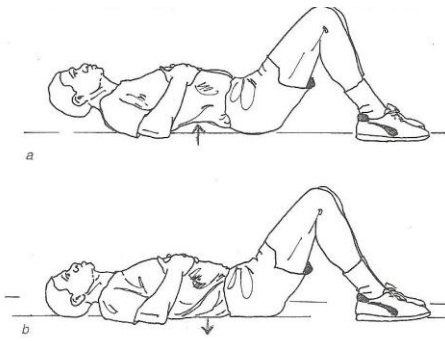
These exercises are to be done 5 days per week.

Perform 2 sets of 15 repetitions for strengthening exercises

Perform 3-10 sets of 10-30 second holds for stretching exercises

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

Core Stabilization Exercises



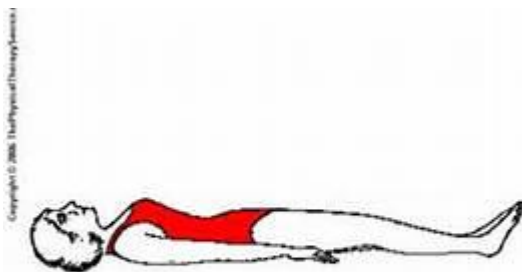
Posterior Pelvic Tilts (above)

- Bend both Knees
- Tighten up core muscles by pushing the small of your back flat against the table/floor
- Hold for 10 secs
- Repeat 10 times



Seated Stability (above)

- Tighten core muscles prior to moving limbs
- For beginners: keep core tight and raise one arm or leg at a time
 - Repeat 15 times for each limb
- Advanced: Raise the opposite arm and leg simultaneously while keeping your core tight
- Do not lift both legs as pictured.



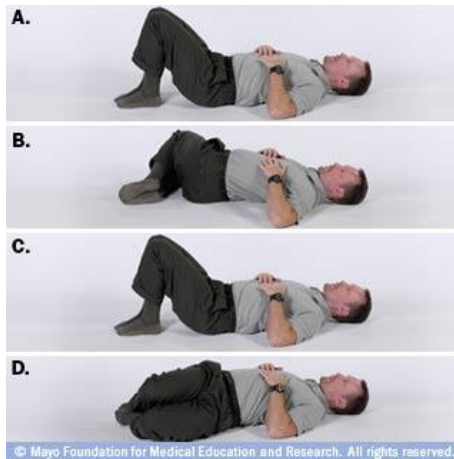
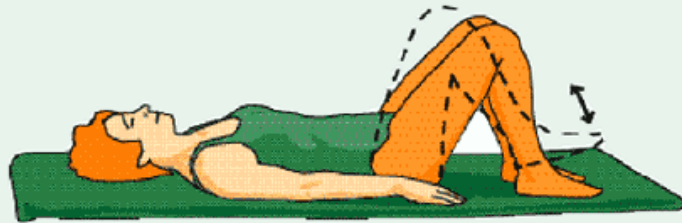
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 Lie on your back. Tighten your buttock muscles. Repeat. **IMPORTANT**- no movement should occur during this exercise.

Glut Sets

- Lying on back with knees bent or straight
- Tighten buttocks muscles
- Hold 10 seconds. Repeat 10 times.

EASY LEG RAISE

Lie flat on an exercise mat, arms at your sides, knees bent. Tighten your stomach muscles and focus on keeping your spine stable during the exercise. Lift one foot off the floor a few inches, then lift the other foot. Don't let your back arch. Touch the first leg back down to the floor and up. Repeat with the other leg. Perform several repetitions, working up to ten, focusing on control in your abdominal area.



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Lumbar Rotation (above)

- Bend both knees and while keeping trunk still shift knees to one side
- Hold for 10 seconds
- Slowly bring knees back up and shift to the other side and hold for 10 seconds
- Repeat 10 times



Hamstring stretching

- Place a dog leash or towel around your foot. Keeping knee straight, pull your foot toward your nose until a stretch is felt.
- Hold for 30 secs
- Repeat 3 times