



IMG PHYSICAL THERAPY

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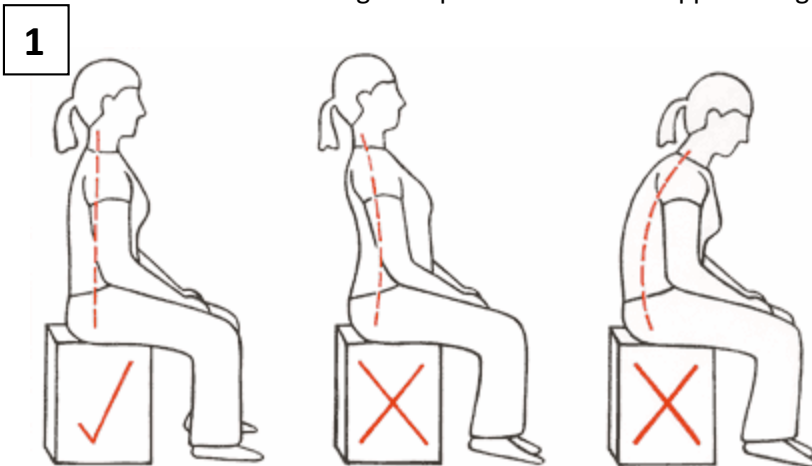
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Exercises to Improve Core and Hip Strength to Reduce Back Pain

- Start by finding spine neutral in the sitting position (Image 1)
- While maintaining spine neutral, raise 1 arm up above your head. Then repeat with opposite arm
- Then while maintaining spine neutral, pick 1 foot up off the floor. The repeat with opposite foot
- If exercises 2 and 3 are easy you can then progress by raising 1 arm above your head while picking the opposite foot off the floor
 - These exercises may be progressed further to be done on a stability ball, as shown in image 2.
 - This exercise should be performed by doing 15 repetitions of each arm, 15 repetitions of each leg, and then doing 15 repetitions of arm & opposite leg.



- Now we need to find spine neutral in the quadruped position.
 - In a kneeling position, round your back as far as you can (Image 3)
 - Next create as much of an arch as you can in your back so your belly button is as close to the ground as you can get it (Image 4)
 - Finally, ease off of the last position to find the middle (Image 5)



- Once spine neutral has been found we can start with camel cat exercises. These are done by doing pelvic thrusts (Image 6) which creates the “camel” and is then followed by arching your lower back (Image 7) to create the “cat.”

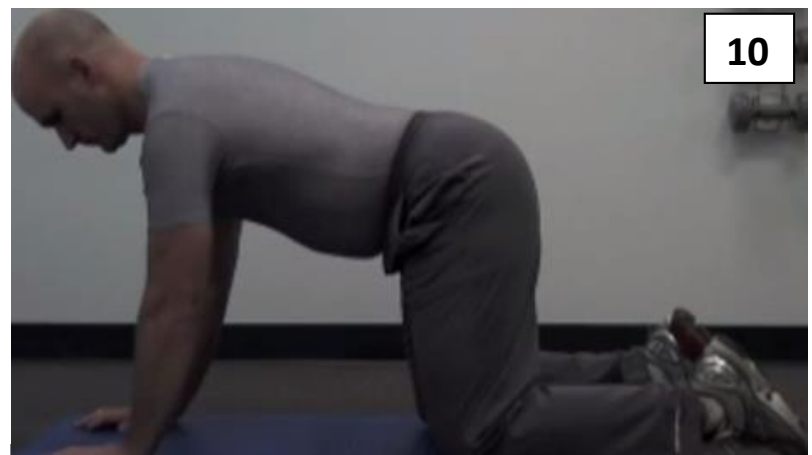


➤ Note that the patient’s upper back is not moving during these exercises. The patient is only moving from her hips and maintains neutral neck posture also.

➤ This exercise should be done by slowly moving between the cat and camel position 30 times



- The next exercise is an abdominal hollowing exercise, or what we call the “skinny fat exercise.” To start this exercise you must find spine neutral in the quadrupedal position as done previously. Once in this position start by relaxing you belly muscles to get into the “fat” position. But when getting into this position do not arch your back down, stay in spine neutral and relax the tummy muscles (Image 10). Next tighten up the stomach muscles and suck your belly button in as deep as you can, but make sure you do not move your back at all in order to maintain spine neutral (image 11)

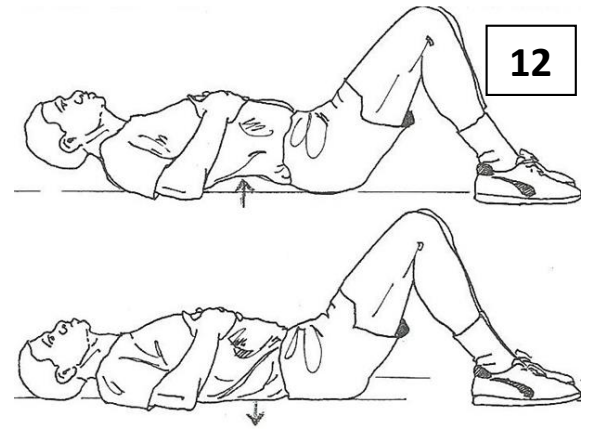


➤ This exercise should be performed by alternating between skinny and fat for up to 5 minutes

➤ Make sure you are breathing the entire time and never holding your breath. Holding your breath while exercising works the wrong muscles and it can be dangerous for your heart.

- The next exercises will be performed lying on your back in the hook lying position. The first exercise is the posterior pelvic tilt (Image 12) which is performed by lying with your knees bent and contracting your tummy muscles to bring your belly button down into your stomach and towards the floor; this should flatten your back using your tummy muscles and not your buttock muscles and not holding breath

- This contraction should be held for 10 seconds and repeated 10 times.



- Once the posterior pelvic tilts are properly understood it is time to progress to maintaining the posterior pelvic tilt while picking 1 foot up at a time in a slow and controlled manner (Image 13). In order to properly perform this exercise you must be maintaining a posterior pelvic tilt, contracting the tummy muscles, relaxing the buttock muscles, and breathing.

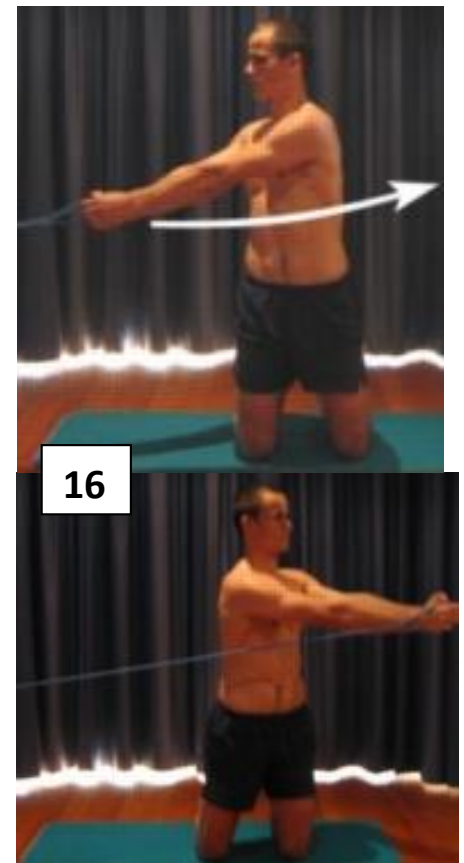
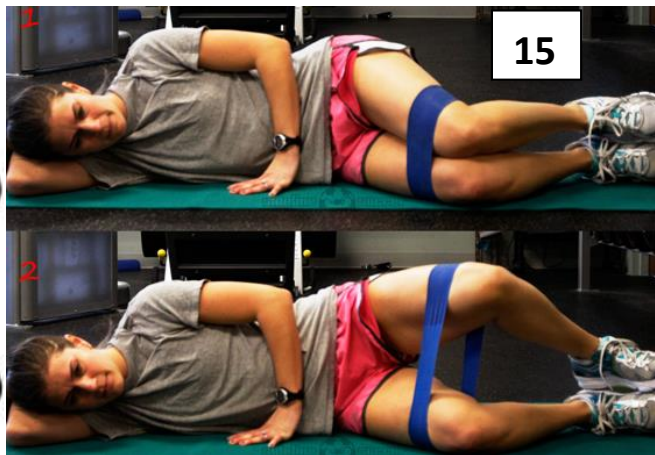
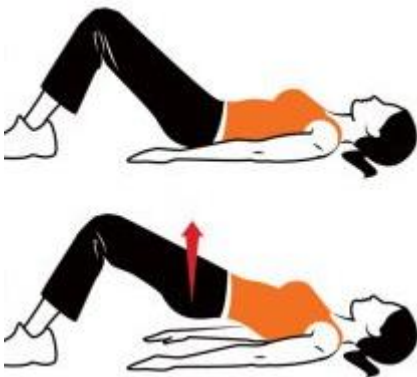
- This exercise should be performed slowly alternating leg raises for 1 minute and repeated 3 times.



- Bridges (Image 14), clamshells (Image 15), and trunk rotation with band (Image 16) should be done by doing 2 sets of 15 repetitions

- The clamshells can be performed with or without a band around the knees

14



- Planks (Image 17), side planks (Image 18), and ball squeezes (Image 19) should be held for 10 seconds and repeated 10 times.

17

YES



NO



19



18

Cardiovascular exercise

Cardiovascular exercise is a very important part of getting healthy and decreasing low back pain. It is recommended that adults over the age of 18 get 150 minutes of cardiovascular exercise per week. This can be easily divided throughout the week and across many different exercises.

The most common exercises are walking (on ground or on treadmill), bicycle, elliptical.

