

EXERCISES AT HOME

The following exercises have been specifically selected to assist with your recovery and help minimize future problems. Exercises should be performed slowly and within a relatively comfortable range. Maintain good posture and breathe naturally. Do not hold your breath. Unless otherwise instructed, stop any exercises that cause pain, or radiating symptoms.

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Current Exercises



Mad Cat/Old Horse

Perform 3 sets of 20 reps, 2 times per day.

Begin on all 4's with your hands under your shoulders and your knees under your hips. Extend your back upward into a "mad cat" position. Next, flex your back downward to sag into an "old horse" position. Slowly transition back and forth between these two positions. Repeat in a slow coordinated movement as directed.



Hamstring Doorway Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day.

Note: on each side

Lie flat on your back with your leg elevated and positioned in a doorway as shown. "Scoot" toward the doorframe until your hamstring is taut. Contract your hamstring by attempting to push your heel into the doorframe for seven seconds. Relax and gently slide your buttocks toward the doorframe while keeping your knees straight to increase the stretch. Repeat three contract/relax cycles on each side, twice per day or as directed. Alternately, you may provide your own resistance by looping a belt or towel around your heel instead of using a doorframe.



Psoas Stretch- Kneeling

Perform 1 set of 3 contract/relax cycles, 2 times per day.

Begin in a half-kneeling position with the side to be stretched on the floor and your opposite knee bent at 90 degrees, foot planted on the floor. Shift your pelvis forward slowly, keeping your hips and back straight. Against the resistance of the floor, contract your involved thigh in an attempt to flex it forward toward your chest for seven seconds. Relax and shift your pelvis further forward to increase the stretch. Keep your trailing leg rotated outward. "Lock in" to each new position and perform three contract/relax cycles twice per day or as directed. For a more intense stretch, lean your upper body away from the side being stretched.

Dead Bug

Perform 3 sets of 10 reps, 2 times per day.

Note: on each side



Begin lying on your back with your right arm reaching overhead and your left leg flat on the table. Your right knee should be bent 90 degrees and your hip 45 degrees. Place your left wrist beneath your back to prevent your back from flattening against the ground. Slowly begin by raising your left knee and right arm at the same time until your hand touches your knee. Be sure not to lift your head or allow your spine to flatten against the floor. Return to the start position. Perform as directed.

Bird Dog

Perform 3 sets of 10 reps, 2 times per day.

Begin on your hands and knees in a quadruped position. Extend your left leg and right arm into a fully straightened "bird dog" position. Hold this contraction for two seconds and return to the quadruped position. Do not arch your back or twist your hips at any point. Repeat with your opposite limbs, slowly alternating for three complete sets of 10 repetitions two times per day or as directed.

