



# COMPREHENSIVE SPINE CENTER

— OF DALLAS —

For more information, visit [WWW.DALLASSPINE.COM](http://WWW.DALLASSPINE.COM) (Physical Therapy Tab).

## LUMBAR EXERCISE ON GROUND B

### BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Repeat 8 Times  
Complete 2 Sets

Hold 6 Seconds  
Perform 2 Times a Day



### BRACE HEEL SLIDES

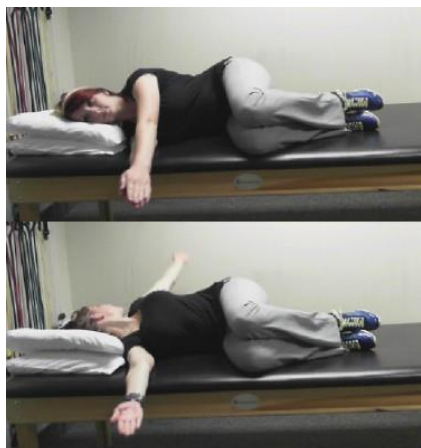
While lying on your back with your knees bent, slowly slide your heel forward on the floor/bed and then slide it back. Use your stomach muscles to keep your spine from moving.



Repeat 8 Times  
Complete 1 Set

Hold 0Seconds  
Perform 2 Times a Day





### Open Book

Lie on your side with arms straight out and hands pressed together in front of you. Knees are pulled up and bent towards the chest. From here, turn your torso so your back is lying flat on the ground, and your arms have opened up like a book. Hold this position before returning to start.

Repeat 5 Times

Complete 1 Set

Hold 10 Seconds

Perform 2 Times a Day



### BRACE - SINGLE KNEE EXTENSION SUPPORTED

While lying on your back with knees bent, straighten out one knee while keeping the leg off the ground. Hold as indicated, then return to original position. Next, perform on the other leg.

Use your stomach muscles to keep your spine from moving the entire time.

Repeat 5 Times

Complete 1 Set

Hold 8 Seconds

Perform 2 Times a Day



### PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side.

Do not allow your spine to move the entire time.

Repeat 10 Times

Complete 2 Sets

Hold 10 Seconds

Perform 2 Times a Day



### PRONE ALTERNATE ARM AND LEG

While lying face down and keeping your lower abdominals tight, slowly raise up an arm and opposite leg. Slowly lower and then raise the opposite side.

Do not allow your spine to move the entire time.

Repeat 10 Times

Complete 2 Sets

Hold 8 Seconds

Perform 2 Times a Day



### HIP FLEXION ISOMETERIC - SINGLE LEG

While lying on your back, raise up a knee into and press it into your hands.

Repeat 5 Times

Complete 1 Set

Hold 8 Seconds

Perform 2 Times a Day



### BRACE - BILATERAL BENT LEG LIFT

While lying on your back with your knees bent, raise up both feet. Use your stomach muscles to keep your spine from moving.

Repeat 8 Times

Complete 1 Set

Hold 5 Seconds

Perform 2 Times a Day

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### PLANK - KNEES

While lying face down, lift your body up on your elbows and knees. Try and maintain a straight spine.

Repeat 8 Times

Complete 1 Set

Hold 15 Seconds

Perform 2 Times a Day



### ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back.

Repeat 6 Times

Complete 1 Set

Hold 20 Seconds

Perform 2 Times a Day

