

ADVANCED LUMBOSACRAL STRENGTHENING

PEP PADS

PROGRESSIVE EXERCISE PRESCRIPTION PADS

INDICATIONS:

The following exercises are to be used to complement your therapy treatment.

Exercise is effective for:

1. improving strength and endurance.
2. decreasing swelling.
3. improving mobility and flexibility.

Do each exercise rhythmically.

PRECAUTIONS:

Discontinue any exercise if there is increase in pain, temperature or swelling in the exercised joint.

EXERCISE FREQUENCY:

REPETITIONS OF EACH:

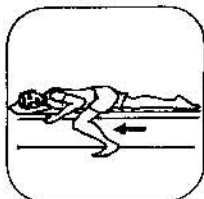
NOTES:



1. SIDE STRETCH: Sit up straight as shown with your hands interlocked behind your head, having the edge of a table or counter positioned midway against your side. Now sidebend towards the table or countertop. Hold for a count of 2. Repeat.



2. EXTENSION STRETCH: Sit up straight as shown with your hands interlocked behind your head, having the edge of a table or counter positioned midway against your back. Extend backwards a comfortable distance over the table. Hold for a count of 2. Repeat.



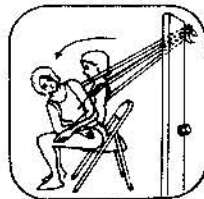
3. PRONE S.I. JOINT STRETCH: Lay face down with R/L leg off table, foot on floor as shown. Walk foot forward to comfortable stretch. Hold for count of 5. Relax. Repeat.



4. LAT PULLDOWN (with theraband): Sit up straight as shown with your arms straight up overhead grasping one end of the theraband in each hand. Now bring both elbows down towards the floor, stretching the theraband behind your head. Hold for a count of 2. Repeat.



5. TRUNK EXTENSION/ROTATION (with theraband): Sit up straight facing door as shown. Secure one end of the theraband towards the bottom of the door with the loop of the other end secured around your right shoulder. Now bring your shoulder back and away from the door, thereby stretching the theraband. Hold for count of 2. Repeat as indicated, then perform to the left.



6. ABDOMINAL CURL (with theraband): Secure one end of the theraband towards top of door. Sit up straight facing away from door with loop of other end around shoulder. Bring shoulder towards opposite knee. Hold for count of 2. Repeat to both sides.



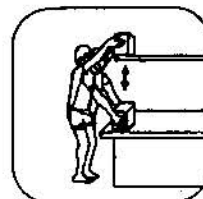
7. SQUAT LIFT (with theraband): Place Theraband under feet. Grab Theraband with both hands in squat position as shown. Lock your back in by sticking your buttocks out. Slowly straighten up. Hold for a count of 2. Lower slowly for a count of 4. Repeat.



8. LEG EXTENSION (with theraband): Stand facing door with one end of Theraband loop secured at bottom of door as shown. Place other end of loop around ankle. Maintaining an erect position extend your leg back stretching the Theraband. Hold for a count of 2. Return to starting position. Repeat.



9. FLOOR TO KNUCKLE LIFT: Place _____ lbs. in container (as specified by therapist). Squat lift as shown to grasp container. Lift container to table height. Then return to floor position. Repeat for _____ (min./reps.). Perform the lift to the right, left straight ahead.



10. KNUCKLE TO OVER-HEAD LIFT: Place _____ lbs. in container (as specified by therapist). Lift container from table height to overhead shelf as shown. Return to starting position. Repeat for _____ (min./reps.). Perform the lift to the right, left, straight ahead.



11. WEIGHT CARRY: Place _____ lbs. in container (as specified by therapist). Carry container in position shown with preventative back posture (as explained by therapist) for _____ (feet/min.).