

# ADVANCED LUMBOSACRAL STRETCHING

# 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:

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## REPETITIONS OF EACH:

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## NOTES:

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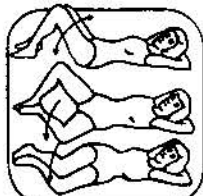
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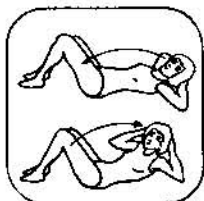
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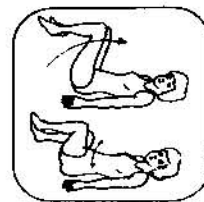
### 1. TRUNK ROTATION:

Rotate leading knee to right, follow with left, while keeping opposite shoulder in contact with the floor. Repeat to other side.



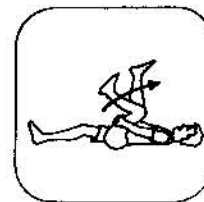
### 2. DIAGONAL SIT-UP:

Keep feet planted and knees bent up. Place hands behind head as shown. Bring right elbow towards left knee until shoulder blade just comes off the floor. Return to start. Repeat to opposite side.



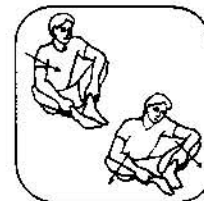
### 3. DOUBLE KNEE TO CHEST TWIST:

Bring both knees toward chest, as shown, until hips are flexed to 90°. Keep knees together, rotate to right, keeping opposite shoulder in contact with floor. Hold the stretch for a count of 5. Repeat to left.



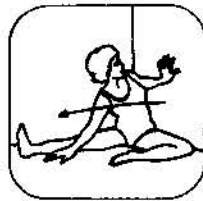
### 4. SUPINE HAMSTRING STRETCH:

On back as shown with hands clasped around thigh to prevent its movement, straighten the knee lifting foot towards ceiling until stretch is felt. Hold for count of 10. Relax. Repeat.



### 5. ADDUCTOR STRETCH:

Sit as shown with feet together, hands on ankles, elbows on knees. Keep the back as straight as possible. Now, stretch forward pushing your knees down with your elbows as you go. Hold for a count of 5. Repeat. (You may need to sit on a pillow or cushion if you are unable to keep your back straight).



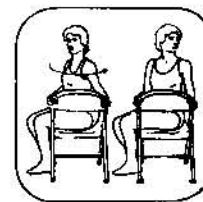
### 6. QUADRATUS STRETCH:

Sit in a figure-4 position as shown. Push off the wall or floor behind you with the back hand while stretching forward with the front hand placed inside the extended knee. Hold the stretch for a count of 5. Repeat.



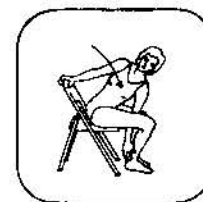
### 7. ILIOPSOAS STRETCH:

Kneel as shown with leg to be stretched back. Support your self with hand on chair. Rock forward on front foot stretching leg. Hold for count of 10. Relax. Repeat.



### 8. CHAIR TWIST:

Sit sideways in chair with back straight as shown. Place both hands on the back of the chair. Rotate backwards in the same direction as the chair-back. Hold stretch for count of 5. Repeat, sitting in the opposite direction in the chair.



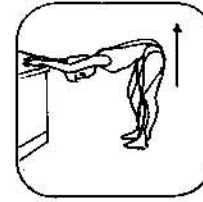
### 9. UNDER LEG STRETCH:

Sit forward in chair with feet planted. Keeping the spine straight, reach under the left thigh with the right arm. Stretch for a count of 5. Repeat to opposite side.



### 10. STANDING YOGA STRETCH:

Stand as shown with left foot up on chair, spine straight. Place right hand on left knee and twist to left. Hold for count of 5. Repeat to both sides.



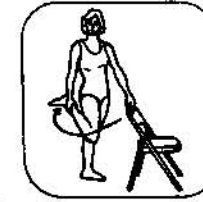
### 11. STANDING BACK/HAMSTRING STRETCH:

Bend forward at the hips with arms out-stretched, hands placed on table or chair, back flat, knees slightly bent as shown. Now straighten knees keeping back flat. Hold stretch for count of 5. Repeat.



### 12. RUNNERS STRETCH:

Place foot up on chair as shown with hands on hips. Stretch forward and hold for count of 5. Repeat on both sides.



### 13. STANDING QUADRICEPS STRETCH:

Stand up straight as shown with knee bent and hand on same side holding foot so that heel is brought as close as possible to buttock. Use opposite hand for balance. Now, without bending forward at the trunk, pull bent knee back holding stretch for count of 5. Perform suggested reps, then repeat on opposite side.

\*Exercise adapted from Saudek, C.E.; Palmer, K.A., *Back Pain Revisited*, JOSPT, November, 1987. Used by the author's permission.