

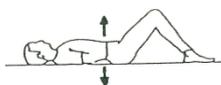


## REHAB EXERCISES

Your spinal rehabilitation exercises should be done at least once per day. The exercises should not be painful. If you experience pain while doing the exercise please stop and discuss any problems with your Chiropractor. It is recommended that you follow these exercises with previously advised stretches.

*The first exercise for the patient – after co-contraction is achieved is just sitting on the ball. The ball should be pumped up to a reasonable pressure – the firmer it is the more labile....*

### Exercise I



Lie on your back with your knees bent. Push the small of the back down towards the floor – This is the **back** pelvic tilt and is best done whilst breathing out. Arching just the small of your back is a **front** pelvic tilt and should be done whilst breathing in. Finding the mid-point between the two and holding this position helps protect the lower back. Practice this exercise sitting, standing and on all fours.

### Exercise II (co-contraction)



Perform the **back** pelvic tilt. Next, concentrate on pulling your navel in towards your spine and then up under your ribs. You should be able to breath during the whole of this exercise. If your ribs flare out or your superficial stomach muscles show, the contraction is too forceful. Hold for 10 seconds and work up to 10 reps.

### Exercise III



1. Find the mid/neutral range, perform co-contraction and simply sit on the ball for periods instead of a chair.
2. It is common to part the feet to achieve greater stability, so the first progression is to sit with the feet closer together.
3. Next march on the spot whilst maintaining the co-contraction...
4. Finally, raise one leg off the ground and hold for 15 seconds.

*After these steps have been achieved you are ready to progress into the spinal 'TRACKS' recommended to you by your doctor. Although not a real 'track' abdominal strength and lumbar range is often lacking in the chronic low back pain patient. Consequently, focusing on these areas is a good starting point.*

### Exercise IV



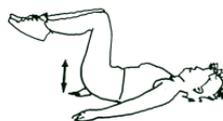
To perform curl downs push yourself to a sitting position using your hands. Make sure that you keep your knees bent while slowly, with arms out straight, curl down. The heels should not come off the floor. If they do, reduce the bending of the legs. Repeat this action 10 times and do 2 reps.

### To progress:

1. Pull the heels in to increase the bending of the legs.
2. Bend the arms across the chest.
4. Progress to perform a sit-up.
5. Perform a sit-up using a chest weight.

### Exercise V (optional)

After you have progressed well with the previous exercises you can proceed to anterior pelvic movements. These involve the maintenance of the co-contraction position with hips bent to 90° whilst the pelvis is lifted upwards. Repeat this action 10 times and do 2 reps.



Balanced  
 Younger  
 Stronger  
 Healthier  
 Less Tired



### Exercise VI (Bridge Track)

1. Lie on the floor, explore the full pelvic tilt range and find the neutral position. Then perform co-contraction, and hold this for 30 seconds – and remember to breathe!!



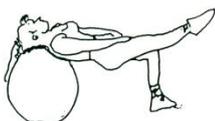
2. Next raise your pelvis off the floor to form the 'bridge' whilst maintaining the neutral co-contraction of the pelvis. Repeat this action 10 times and do 2 reps.



3. To progress with the exercise first keep the position described above while gently marching on the spot. Later straighten alternate leg to add further difficulty to the exercise.



4. Perform step 2 and 3 whilst the head and shoulders are supported on a gym ball.



### Exercise VII (Superman)

1. Slump over the gym ball with your feet against the wall/ or held under the edge of a bar/bed.

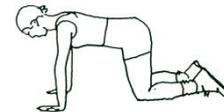
2. Next with your hands behind your neck, perform co-contraction in the neutral range, and lift your back up to 90°. Work up to 10 lifts and do 2 reps.

3. The exercise is advanced by straightening the legs and arms, and also by moving the feet closer together.

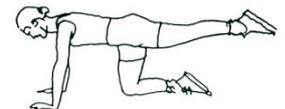
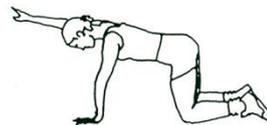


### Exercise VIII (Quadruped)

1. Start kneeling on all fours and perform co-contraction in the neutral position. Make sure that head, neck and back are all in one straight line.



2. Maintain this position as you slowly raise one arm to horizontal, or the opposite leg.



3. Progression of this exercise is to combine arm and leg movement. Do not lift above horizontal as this will put unnecessary tension on the back. Hold position for 10 seconds. Repeat this action 10 times and do 2 reps.

