

AROM lumbar flx/ext quadruped (Cat-Camel combo)

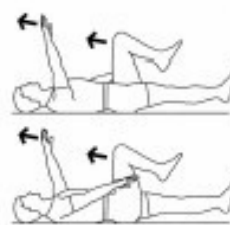


- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM hip/knee flx unsupported w/alt arms supine



- Lie on back with legs straight, low back in neutral position.
- Raise right leg and left arm off floor.
- Slowly straighten right leg and lower left arm, while bringing left leg and right arm up.
- Alternate as shown.
- Arms and legs do not return to floor.

Special Instructions:

Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar alt leg/arm (bird dog)



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

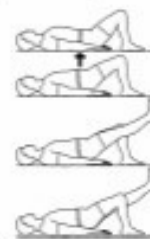
Special Instructions:

Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar bridging w/ alt leg



- Lie on back with knees bent.
- Lift buttocks off floor.
- Extend one leg and return leg to floor.
- Extend other leg and return leg to floor.
- Lower buttocks.
- Repeat.

Special Instructions:

Maintain neutral spine.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext prone mid level



- Lie face down with arms at side.
- Arch upward, raising shoulders and thighs off floor.
- Return to start and repeat.

Special Instructions:

Progress by holding for 2-3 seconds.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend pushup



- Lie on floor on your side, forearm supporting upper body.
- Knees should be bent to 45 degrees.
- Place free hand on hip as shown.
- Keep knee and lower leg on floor and raise hip off floor.
- Lower and repeat.
- Repeat exercise on other side.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: ADVANCED SPINE & SPORTS CHIROPRACTIC

Signature:

These exercises are to be used only under the direction of a licensed, qualified professional.