

FACET FREEDOM

LUMBAR FACET PROTOCOL



Exercise 1: Child Pose Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin on hands and knees on floor. Reach out directly in front extending arms. Palms should be flat on floor.

Movement : Slowly sit hips back toward floor dropping head and chest downward as arms extend further. Hold for 20-30 seconds or prescribed duration. Repeat for prescribed repetitions.



Exercise 2: Double Knee to Chest Stretch

Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily

Start: Begin lying on back with knees bent. Your hands should be resting either behind knees or right below knee caps.

Movement : Slowly bend both knees toward chest with hands helping to pull knees. Return to start position and repeat for prescribed repetitions.



Exercise 3: Seated Hamstring Stretch

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Begin seated on floor. Extend one leg while other is flexed inward. Maintain good posture, positioning self on sit bones (*ischial tuberosities*). Spine is in neutral position with a flat lower back.

Movement : Maintaining a flat back posture, lean and reach forward until a gentle stretch is felt behind straight leg. Hold for 30 seconds. Repeat for prescribed repetitions and sets. Alternate sides as instructed.



Exercise 4: Piriformis Figure 4

Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily

Start: Begin lying on back. Cross one leg over other, placing ankle on opposite thigh above knee.

Movement : Grasp uncrossed leg under thigh and gently pull toward chest. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.



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Exercise 5: McGill Curl Up

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin lying on your back with one knee bent. Place both hands underneath low back with palms down.

Movement : Lift shoulders off floor, trying to maintain a neutral spine position without rounding low back. Do not allow head to move forward of shoulders during movement. Elbows can remain in contact with floor during movement. Pause momentarily. Return to start position. Repeat for prescribed repetitions and sets.



Exercise 6: Modified Side Plank

Sets: 3 | Reps: 10 | Time: - | Rest: 30sec | Freq: 3x/wk

Start: Begin on your side with knees bent. Place support forearm directly under shoulder.

Movement : Activate core muscles. Lift hips off floor and attain a straight, rigid position from thighs through your upper body. Once in this position, there should be no movement. Maintain core contraction. Hold for recommended duration. Repeat for prescribed repetitions and sets. Perform on opposite side.