

SPINE SAVER phase 2

LUMBAR SPRAIN PROTOCOL



Exercise 1: Standing Hip Flexor Stretch with Chair

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

Start: Begin standing in front of a stable chair without wheels about 18 inches away. Place one foot flat on the chair seat.

Movement : Slowly allow hips to glide forward slightly until a gentle stretch is felt in front of straight leg. Hold for 20-30 seconds.



Exercise 2: Bird Dog

Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily

Start: Begin on your hands and knees with your head and back in a straight position. Hands should be under your shoulders, hips directly above knees.

Movement : Activate core muscles. Raise one arm to shoulder level as opposite leg simultaneously lifts off floor, extending to hip height. Pause momentarily. Return to start position and alternate sides. Maintain a straight spine position, not allowing your hips to twist or rotate. Do not hyper-extend low back when extending leg. Repeat for prescribed repetitions and sets.



Exercise 3: Hip Bridge

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

Start: Begin lying on floor, facing up. Bend knees so feet are firmly on floor with arms extended to sides.

Movement : Activate core muscles. Lift hips off floor to attain a bridge position with knees, hips, and shoulders in alignment. Slowly return to start position. Repeat for prescribed repetitions and sets. Initially, you may develop some cramping in the back of your thigh. A simple hamstring stretch, before and after, may prevent this from occurring.



Exercise 4: 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.

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Exercise 5: Modified Plank Knees Flexed

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

Start: Begin face down on the floor. Knees should be bent to about 90 degrees.

Movement : Activate core muscles and lift hips into plank position. Maintain a straight plank like position from knees through shoulders. Maintain core contraction. There should be no movement once this positions is attained. Hold for recommended duration. Repeat for prescribed repetitions and sets.



Exercise 6: Assisted 45° Mini Squats

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

Start: Begin standing behind chair, desk or counter for support with hands on top for stability. Place feet shoulder width apart. Use a chair WITHOUT wheels.

Movement : Activate core muscles. Bend knees, squatting down as tolerated. Return to start position. Hands may be used to assist body in upward movement. Maintain body weight over mid- foot and heels. Knees should maintain alignment with second toe and not glide past feet. Repeat for prescribed sets and repetitions.



Exercise 7: Mid Back Myofascial Release

Sets: 1 | Reps: 3 | Time: 60 sec | Rest: 30 sec | Freq: Daily

Start: Begin with the foam roll positioned in the middle of the back. Cross the arms to open up the shoulder blade region and lift hips off the floor.

Movement : Slowly massage the upper back, rolling up and down as tolerated, for a duration of 1 - 2 minutes. If a painful area is found, stop rolling and REST on the area for 10 sec as tolerated, then continue.



Exercise 8: Glute Max Myofascial Release

Sets: 1 | Reps: 3 | Time: 60 sec | Rest: 30 sec | Freq: Daily

Start: Begin seated on foam roll. Cross one leg over the other, placing ankle on the thigh above the knee. Support upper body with one hand.

Movement : Press downward on crossed knee with hand initiating a tightening sensation in the hip. Lean slightly to same side and gently roll forward and back for a duration of 1 to 2 minutes. Maintain consistent pressure with foam roll. If a painful area is found, stop rolling and REST on the area for 10 seconds as tolerated, then continue. Rest and repeat for prescribed repetitions and sets. Alternate sides as directed.