


LUMBAR RANGE OF MOTION:

EXERCISE OPTIONS FOR THE FLEXION-BIASED PATIENT

 <p>1) Single Knee-to-chest</p>	 <p>2) Double Knee-to-chest</p>	 <p>3) Posterior Pelvic tilts</p>	 <p>4) Sitting "bend-overs"</p>	 <p>5) Prayer Position</p>
 <p>6) Hamstrings #1</p>	 <p>6) Hamstrings #2</p>	 <p>6) Hamstrings #3 (push)</p>	 <p>7) Psoas Stretch</p>	 <p>8) Piriformis stretch</p>
 <p>9) Standing Quads Stretch</p>	 <p>10) Side-Lying Quads Stretch</p>	 <p>11) Trunk Rotations</p>	<p style="text-align: center;"><u>Exercise Directions</u></p> <p>1-5) 10 sec. holds (to tolerance), 10 reps 6) 10 sec. holds, 5 reps 7) Kneeling on 1 leg, keep spine straight, lean forward, hold 10 sec., 5 reps 8) Hold 30 sec. or as long as desired (quad & gluts burn) 9-10) Keep spine neutral, pull same and opposite leg, hold 30 sec. 11) Keep shoulders on floor and rotate knees to each side.</p> <p>If "bad" (vs "good") pain occurs, STOP & move on to the next exercise. Repeat these AM & PM, or more.</p>	

Objective: Improve elasticity and coordination of the abdominal / core muscles & promote flexion