

# Rehabilitation of the Lumbar Spine

Do not perform any of these if pain increases.



Grab the knee for the single leg pump. Bring the knee up to where you feel the tension in the back at the correct level. Start with the non-affected leg and do slight polishing of the joint until it feels comfortable. Repeat with the affected leg until it feels good. Repeat with both legs and continue until it feels comfortable.



Pelvic tilt or flattening of the lumbar curve by flattening the lower back without lifting the chest then arch the lower back off the table and then flatten it again, repeat this several times

The bridge is performed by spreading the feet wider than the pelvis, grab the buttocks with both hands and lift, raising the pelvis toward the ceiling and holding and gently contracting the hamstrings, buttocks, low back muscles and abdomen several times. If this is painful, stop immediately.



The morning star is performed by rolling on the side, crossing the upper leg, pulling the knee upward and contracting abdominal muscles and stretching the hip and buttocks, arm and neck. Stop if it is painful.



The McKenzie is performed by lying face down, arms and elbows underneath the chest, lying flat and relaxed and comfortable. Work upward to the elbows contracting the buttock muscles and gradually contracting the lower back muscles. Once comfortable, you may put your hands down into a pushup position and raise up farther.



The Sumo is performed by sitting with the feet apart as wide as comfortable, placing the wrists inside both knees with the hands turned inward, pressing keeping the chest up, push inward with the knees, outward with the forearms and tightening the buttocks slowly stand keeping the chest forward.



Standing crunch with resistance is performed by placing the tubing over the top of the door and slowly and gently crunching the abdominal muscles.



Belly button tuck is performed by standing straight, tightening the buttocks, tucking the belly button in to the spine, keeping the chest up and back straight.

Check out the video of this exercise at:  
[Holladayphysicalmedicine.com](http://Holladayphysicalmedicine.com)  
Condition management  
Therapeutic exercises – low back