

Low Back Rehabilitation **and Home Care**

The information below provides important home care instructions and exercise suggestions to help you reach your rehabilitation goals.

Icing Instructions

- Use gel packs that remain flexible after freezing; freeze the pack continuously for at least one hour before use or just store it in the freezer.
- Remove the cold pack from the freezer and wrap in two layers of paper towel or a thin dish towel.
- Press the cold pack firmly against the painful area for 15-20 minutes.
- Allow at least 60 minutes from the end of one icing to the beginning of the next.

Breathing

- It is essential to maintain proper breathing patterns while performing exercises.
- Breathe out while engaging the muscle (during the concentric movement) and breathe in when relaxing or returning to the starting point (eccentric movement.)

Exercise Tempo

- One must make certain to perform exercises slow and controlled. It is important to concentrate on the area or muscle that one is focusing on in a given exercise.
- For example: while performing a biceps curl; take 3 sec to curl, 2 sec at top, 3 sec on the way down and pause at the bottom for 2 sec.
- During rehabilitation training, all exercises should be performed at the same tempo.

Good Pain vs. Bad Pain

- Good pain: muscle burning, bearable muscle soreness, muscle fatigue.
- Bad pain: pain in joints (i.e. knee), persistent pain, sharp shooting pain, unbearable soreness or muscle aching.
- It is important to know ones body when some pain can be worked through and is beneficial; other types of pain can signal a new injury or an aggravation of an old injury. In the later case, the movement that causes the undesirable pain should be discontinued or the resistance (i.e. weight) should be decreased.

Cardiovascular Activity as Part of the Healing Process

- A workout on a stationary exercise bicycle may be ideal for a patient with knee arthritis.
- When disease of weight-bearing joints is severe, swimming or water exercises has proven an excellent choice.
- 3 separate 10-minute aerobic sessions seem to be as effective in improving fitness and health risk profiles as a single 30-minute session.

Goal Setting: Expectations for Improvement/ Functionality

- Make certain to follow the exercise prescription given to you.
- Too much stress on an area can damage new structures and significantly slow the healing process.
- The goal of treatment is to prevent new tissue disruption, prevent muscle atrophy and joint deterioration in the injured area, and finally, increase tissue function.

Category Exercise
Body Part Core
Rehab Level Beginner
Equipment No Equipment

Muscle(s) transverse abdominus
Purpose Increase core strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Lie on your back with knees bent and slightly apart. Place the finger tips of one hand just inward from you hip bone and finger of the other hand just below your sternum.

Movement

1. Perform an abdominal draw pulling inward approximately 1" toward the floor without flattening out your low back. Your should feel a light muscle contraction under your finger tips. 2. This exercise may also be learned by taking a full inspiration followed by a full expiration. Once you have fully exhaled you have performed an abdominal draw. Hold this abdominal position while allowing yourself to breathe normally. 3. You have performed this properly if you are able to maintain this abdominal draw position and able to breathe and/or talk without difficulty.

Sets 3 **Time** 0
Reps 10 **Rest** 30 **Freq** Daily **Comments**

Category Exercise
Body Part Core
Rehab Level Beginner
Equipment No Equipment

Muscle(s) transverse abdominus, iliopsoas
Purpose Increase strength and muscular endurance.
Benefit



Starting Position

Begin lying on floor. Lift knees so that a 90° position is attained at hip and knees. Reach arms upward toward ceiling.

Movement

Activate core muscles. Flatten low back against floor. Slowly lower one foot towards floor while opposite arm simultaneously lowers overhead toward floor. Arm or foot should not contact floor at any time. Slowly return to the start position and repeat on opposite side. Continue alternating sides for prescribed repetitions and sets.

Sets 3 **Time** 0
Reps 10 **Rest** 30 **Freq** Daily **Comments**

IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.

Category Exercise
Body Part Hip
Rehab Level Beginner
Equipment No Equipment

Muscle(s) semimembranosus , semitendinosus, Glutes, gluteus maximus, Hamstrings, biceps femoris
Purpose Increase hip strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin lying on floor facing up. Bend knees so feet are firmly on floor with arms extended to sides. Activate core muscles. Lift one knee up towards chest and grasp back of leg behind knee.

Movement

Lift hips off floor to attain a bridge position with knees, hips and shoulders in alignment. Be sure to keep hip locked by maintaining hand support behind knee. Pause momentarily then return to start position. Repeat for prescribed repetitions and sets.

Sets	3	Time	0	Freq	3x/week	Comments
Reps	10	Rest	30			

Category Exercise
Body Part Core
Rehab Level Beginner
Equipment No Equipment

Muscle(s) transverse abdominus, multifidus, oblique internal/external
Purpose Increase core strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

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.

Sets	3	Time	0	Freq	Daily	Comments
Reps	10	Rest	30			

IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.

Category Exercise
Body Part Core
Rehab Level Beginner
Equipment No Equipment

Muscle(s) transverse abdominus, multifidus, abdominal, oblique internal/external, quadratus lumborum
Purpose Increase core strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

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.

Sets	3	Time	10sec	Freq	3x/week	Comments
Reps	3	Rest	30			

Category Exercise
Body Part Core
Rehab Level Beginner
Equipment No Equipment

Muscle(s) abdominal, Abdominals, oblique internal/external, transverse abdominus
Purpose Increase core strength and muscular endurance.
Benefit Improved stability, functional strength and injury prevention.



Starting Position

Begin face down with elbows, knees and toes touching floor.

Movement

Activate core muscles. Lift knees off floor so that forearms and toes are supporting body weight. Maintain a straight plank like position from ankles 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.

Sets	3	Time	10sec	Freq	3x/week	Comments
Reps	3	Rest	30			

IF YOU EXPERIENCE AN EXACERBATION OR HAVE A CHANGE IN MEDICAL CONDITION, YOU SHOULD PROMPTLY SEEK APPROPRIATE MEDICAL ADVICE.