



## ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

1501 North Bickett Blvd. Suite E ~ Louisburg, NC 27549 ~ Phone (919) 497-0445 ~ Fax (919) 497-0118

# LUMBAR FLEXION EXERCISES

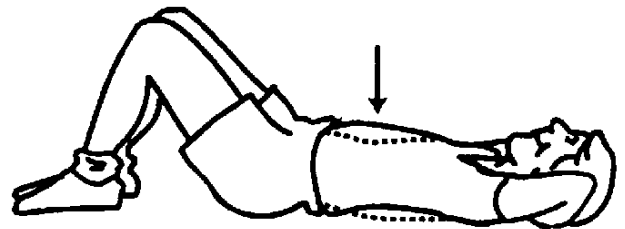
## TIPS FOR PERFORMING THESE EXERCISES

- Centralization:**
  - The closer the pain is to your spine, the better. (e.g. the pain is better in your foot than in your knee).
  - An increase in your low back pain can be expected. This is acceptable as long as your leg symptoms are not increasing.
- Stop the exercise and let your doctor or therapist know right away if you have either of these problems:**
  - Any change in your bowel or bladder control.
  - Any increase in weakness in your leg or foot.
- If Your Pain Returns:**
  - Adjust your posture.
  - If no improvement, begin your exercises.

Do each exercise \_\_\_\_\_ times a day.

### POSTERIOR PELVIC TILT

- Lie on your back with your hands at your side and your knees bent.
- Tighten the muscles of your lower abdomen and your buttocks, to flatten your back against the floor. This is the pelvic tilt (flat back) position.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.



### SINGLE KNEE TO CHEST STRETCH

- Lie on the floor, table or bed.
- Rest your \_\_\_\_\_ leg on the floor or let it dangle off the table or bed.
- Bend the other leg and wrap your hands around your knee.
- Pull the bent leg toward your chest.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.



\*If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 497-0445.



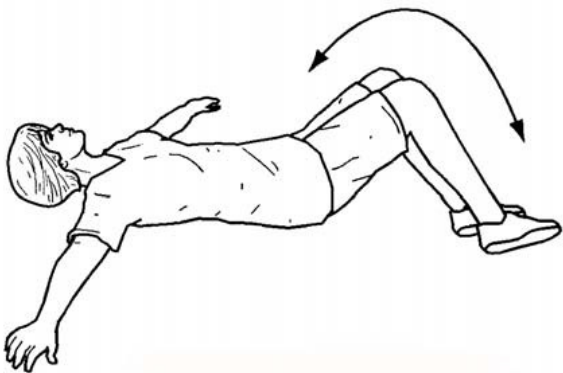
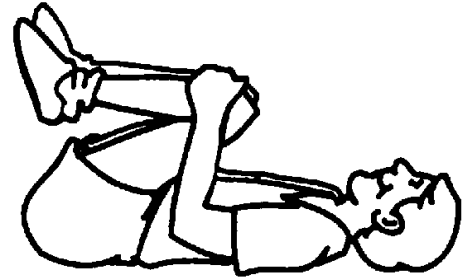
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### □ DOUBLE KNEE TO CHEST STRETCH

- Lie on your back.
- Bring both knees, one at a time, to your chest.
- With your hands clasped, pull your knees toward your chest and curl your head forward.
- Keep your knees together and your shoulders flat on the floor.
- Lower you legs one at a time.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.

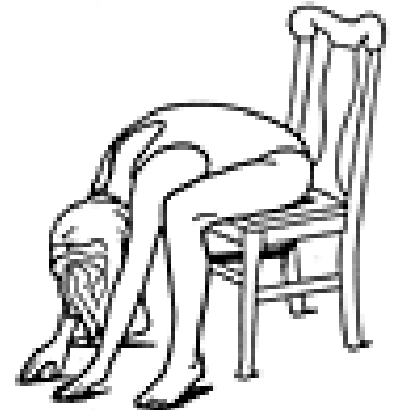


### □ LUMBAR FLEXION WITH ROTATION

- Lie on your back with your hands at your side and your knees bent.
- Rotate your knees towards the pain.
- Repeat exercise \_\_\_\_\_ times.
- Hold e position for \_\_\_\_\_ seconds.

### □ SEATED LUMBAR FLEXION

- Sit upright in a chair.
- Slowly bend forward until you feel tension in your back.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.
- **Option:** Perform with rotation to painful side



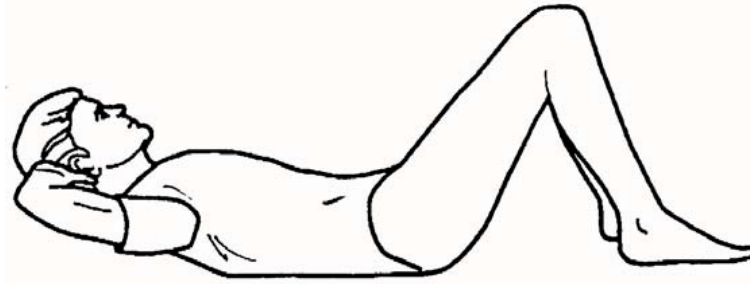
### □ STANDING LUMBAR FLEXION

- Stand upright with feet spread shoulder width apart.
- Slowly bend forward, sliding your hands down your legs, until you feel tension in your back.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.
- **Option:** Perform with rotation to painful side

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□ **PARTIAL SIT-UP**

- Lie on your back with your hands at your side and your knees bent.
- Use your abdominal muscles to raise your upper back off the floor, while exhaling.
- Rise up only enough to get your shoulder blades off the floor.
- **Do not** thrust yourself off the floor or lift your head with your arms.
- Keep your knees bent and your feet flat on the floor.
- You should feel the contraction only in your abdominal muscles.
- Gently lower your upper body down.
- Make the motions smooth and relaxed.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.



□ **PARTIAL DIAGONAL SIT-UP**

- Lie on your back with your hands at your side and your knees bent.
- Use your abdominal muscles to raise your upper back off the floor, while exhaling.
- Raise your upper body off the floor with one shoulder slightly higher than the other.
- **Do not** thrust yourself off the floor or lift your head with your arms.
- Keep your knees bent and your feet flat on the floor.
- You should feel the contraction only in your abdominal muscles.
- Make the move smooth and relaxed.
- Gently lower your upper body down.
- Repeat the exercise raising the other shoulder higher.
- Repeat exercise \_\_\_\_\_ times.
- Hold position for \_\_\_\_\_ seconds.

