

Phase 2

GOOD FOR:

- Alleviating low back pain
- Improving hip and back mobility
- Early glute and core strengthening
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- When there are multiple exercise options, start with the easiest (first) option and replace with the more advanced variations as your pain decreases
- Tools: bench, resistance loop, sports ball, resistance tube band

Phase 2

Skip any exercises that cause more than mild pain (3/10) and add them to phase 3

Add phase 3 when you have no pain at rest and no more than mild pain with the exercises

Phase 2

MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM)—move as far as you can without pain
- Pause at end range for 2–3 seconds

Skip exercises that flare up pain symptoms

standing pelvic tilt

Stand with your feet straight and spaced shoulder width apart. Place your hands on your hips so that your thumbs are touching the backs of your hip bones. Use your back muscles to slowly tilt your pelvis forward (anteriorly), then squeeze your glutes to rotate your pelvis backward (posteriorly).

**Control the range of motion and
don't push into pain**



lumbar flexion (choose one)

lumbar flexion (knees to chest)

Lie on your back, then bring your knees to your chest. Cup your hands around your upper shins and use your arms to pull both knees toward your chest, stretching your low back into flexion. Pause at end range—holding for a few seconds or longer—release the stretch, and then repeat.



lumbar flexion (chest to knees (child's pose))

Get into the quadruped position. Keeping your palms on the ground, drop your butt toward your heels and lower your head through your arms.



You can hold the stretch or return to the start position and repeat the movement as a mobility exercise.

Amigo PT (Protocols)

Be careful with or skip this exercise if you have spondylolysis or spondylolisthesis.

lumbar extension

Lie on your side with the roller or a large massage ball positioned under the muscles along the side of your lower back. Roll from the top of your pelvis to your lower rib. You can also roll from side to side by rotating your chest toward the ground. Try to keep your spine neutral. If you're using a ball, you can do this mobilization standing against a wall.



lumbar rotation

Lie on your back with your knees bent and your feet on the ground. Rock your knees slowly from side to side, moving as far as you can without pain.



Phase 2

STRETCHING EXERCISES:

- Do 3 reps with 30- to 60-second holds
- Perform in any order on both sides
- Don't stretch into pain

glute/hip rotator stretch
(choose one)

glute/hip rotator stretch (seated figure-four stretch)

Sit on a bench or chair, cross one leg over the opposite knee, and then hinge forward from the hips until you feel a stretch in your glute region.



glute/hip rotator stretch (supine figure-four stretch)

Lie on your back with your legs bent and feet on the floor. Cross one leg over the opposite knee. Reach one arm between your legs, the other arm around the outside of your leg, and then interlock your fingers around the front of your knee. Now use your arms to pull your knee toward your chest.



glute/hip rotator stretch (pigeon stretch)

Position your knee flush on the bench with your lower leg perpendicular to your body, then slide your rear foot back. Hinge forward from your waist until you feel a stretch in your glutes. If you feel pain in your knee or are unable to get into the start position comfortably, place a pillow under your knee or elevate one side of the bench (on the same side as your bent knee). To increase the stretch, do this exercise on the floor.



lumbar rotation stretch

Lie on your back and bend your knee and hip to about 90 degrees. Reach across your body and cup your hand around the outside of your elevated knee. Keeping both shoulders on the floor, use your hand to pull your knee across your body and toward the floor. Rotate as far as your spine will comfortably allow.



Phase 2

RESISTANCE EXERCISES:

- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Add load or reps to make the exercises more challenging

bridge (choose one)

bridge (bodyweight)

Lie on your back with your knees bent and your feet flat on the floor. Push into the floor and lift your butt, fully extending your hips—a straight line runs from your shoulders to your knees. Squeeze your glutes as you reach full hip extension and pause in the top position for 1–2 seconds.

bridge (banded)

To increase glute activation and make the exercise more challenging, position a resistance loop just above your knees. Perform a bridge (drive your heels into the floor and extend your hips) while driving your knees out into the band. Maintain abduction resistance (knees out) throughout the entire range of the movement.

bridge (with adduction (for si joint pain))

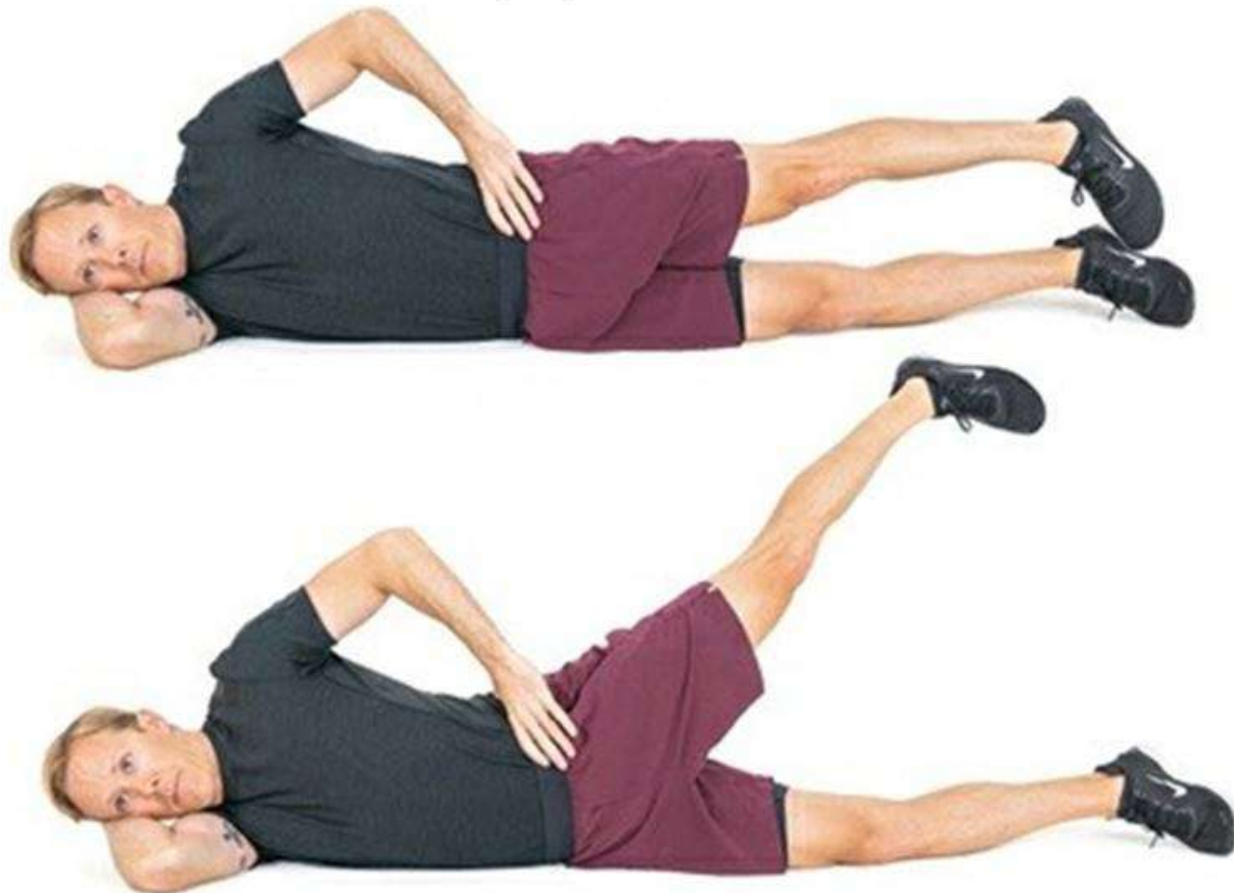
Position a volleyball, soccer ball, or basketball between your knees. Perform a bridge while squeezing your knees into the ball and contracting your glutes. Maintain pressure on the ball during the entire movement.

Amigo-PT (Protocols)



side-lying hip abduction

Lie on your side, rotate your hips toward the floor slightly, and internally rotate your top leg so that your big toe is angled toward the arch of your bottom foot. Lift your top leg up and at a backward angle. Keep your spine neutral and pause in the top position for 1–2 seconds. Reduce the range of motion if you start to arch your back excessively. Add a resistance loop above your knees to increase glute activation and make the exercise more challenging.



lateral squat walk

Wrap a resistance loop above your knees. Position your feet shoulder width apart and bend your hips and knees slightly. Take a wide lateral step so there is a full stretch in the band. You can either walk along a line and then switch after a given number of steps or stay in one area by switching back and forth between legs. Choose a distance or rep range that is challenging— you feel your upper glutes burn—usually 15–20 steps in each direction. Don't pause between steps, and keep tension in the band during the entire movement.



pallof press

Anchor a resistance band to about hip level and step away to create tension in the band. Get into a kneeling position and grip the handle with both hands positioned at the center of your chest. Keeping your core tight, press the band straight out. The goal is to prevent the band from rotating your spine by contracting your abdominal and back muscles.

