

Low Back Exercises

Phase I-

- 1) Prone Press-up- 5 reps- 3 min, 1 x day
- 2) Beginning lumbar stabilization-
- 3) Abdominal isometrics sitting at desk or in car- 10 reps, 10/sec hold- 8 min.
- 4) Kegal w/Pelvic tilts- 10 reps- 8 min.
- 5) Pilates spring board, nerve tension stretch- standing Pull down/up- Push through, 5 sets of 5 reps- 10 min.
- 6) Pilates Reformer- Pull down with wood bar to knees, hip/knee flex to 90*, 5 sets 10 reps- 15 min.
- 7) Supine SLR- 3 sets of 10- 8 min.
- 8) Neutral Spine- sitting and standing posture- 5 min

Phase II-

- 1) Hip to wall- 5 reps each side- 3 min.
- 2) Piriformis Stretch, 3 x each leg- 6 min.
- 3) Sciatic Nerve Flossing in Standing- 5 reps- 3 min.
- 4) Lumbar Stabilization- All fours Alt arms & legs- 10 reps per side- 6 min.
- 5) Supine Pull down with pelvic tilt/ Mod resistance- 3 sets of 10- 15 min.
- 6) Neutral Instruct in neutral spine Lifting and Bending mechanics- 5 min.
- 7) Roller- 4 in.- SB L-sp with C-sp rotation- 5 reps/ side- 5 min.

Shoulder Program

Phase I-

- 1) AAROM using Pilates Spring Board, pull down/ push through/ push up- 10 reps- 3 min.
- 2) Supine- pull down (90* to Neutral) with mild resistance band, 3 sets of 10- 10 min.
- 3) Shoulder isometrics- IR, ER- 10 reps each, 5 min.
- 4) Prone all 4's- Lower trap- stabilize scapula while lift opposite arm- 10 reps- 5 min.
- 5) Push up w/ plus- all 4's- 3 sets of 10- 10 min.
- 6) Standing rows/ lat pull down/ arm pull down- with stabilized scapula- 10 reps each-10 min.
- 7) Pectoralis Wall Stretch- 3 reps, 30 sec hold.
- 8) Triceps/ Posterior Shoulder Stretch- 3 reps, 30 sec hold.

Balance Exercises-

Standing Pilates Spring Board- push through/ push up 2 sets of 10- 10 min

Sit to Stand to Sit- 3 sets of 5- 10 min.

Step-ups- 6"- 2 sets- 5 min.

Standing- Hip Extension- 2 sets of 5- 3 min.

Standing leg Press- 2 sets of 5- 3 min.

Sitting Leg Press- 2 sets of 5- 3 min.

Knee exercises

- 1) quad sets-10 reps/ 10 sec- 3 min
- 2) hip abductor/ adductor with straight leg- 10 reps each- 6 min
- 3) hip/ core strengthening with partial knee squats (<45*)- 3 sets of 10- 8 min
- 4) quad strengthening VMO emphasis- Pilates chair leg press- 3 sets of 10- 12 min
- 5) bridging- 3 sets of 10- 12 min.
- 6) step-ups- 4" or 6"- 3 sets of 10- 12 min.

Neck Exercises

- 1) self traction using ergonomic pillow- 10 min.
- 2) standing Pilates Spring Board- push up/ through- 5 sets 5 reps- 12 min.
- 3) abdominal press with shoulder pull down- 3 sets of 10- 12 min.
- 4) abdominal isometric sitting- 10 reps- 3 min.

Cervical Spine Stabilization

- anterior neck isometric-sitting/ standing wall- 10 reps/ 10 sec hold- 3 min
- prone- upper body extension- 10 reps- 3 min
- prone- alt arm/ legs- 10 reps each leg- 6 min.

Hip Exercises:

Quad/ Glut- isometrics- 2 sets of 10 reps, hold 10 sec each- 5 min.

SLR- 2 sets of 10 reps- 5 min.

SLR/ Hip Abduction w/ heel up- 2 sets of 10- 5 min.

Balance Exercises-

Standing Pilates Spring Board- push through/ push up.