

Foundational Spine Exercises

These exercises should only be used as a starting point to strengthen the muscles that support your back. Your physical therapist will tailor a program that fits your needs and activity level, using exercises you like to do.

If you choose to perform these exercises, you are doing so at your own risk. If you experience any pain while performing the exercises, stop doing that exercise immediately and consult your physician.

Call Spine Group Arizona to set up an appointment today: 480-882-5566.

Foundational Spine Exercises

Ab brace

1. Lie on your back with your spine in a neutral position and place your fingers on your belly just inside your hip bones so you can feel the contraction.
2. Gently tighten your lower abdominals and bring your belly button toward your spine. You should feel a light, deep tension under your fingertips, not a contraction that pushes your fingers out. No movement of your hips, pelvis or spine should occur with the contraction.

Hold five to 10 seconds. Do 20 repetitions.

Remember! Don't hold your breath.



Foundational Spine Exercises

Bent knee fall out

1. Lie on your back with your knees bent. Place a resistance band around your thighs just above your knees.
2. Gently tighten your abs (from the ab brace exercise).
3. Without moving your trunk, quickly rotate one knee out to the side. As soon as you feel your pelvis start to move, stop and slowly bring your knee back to center.
4. Repeat on the other side.

Do 20 repetitions per side.



Foundational Spine Exercises

Ab brace and marching

1. Lie on your back with your knees bent.
2. Gently tighten your abs (from the ab brace exercise) and bring your belly button toward your spine.
3. Maintain regular breathing while you slowly lift one leg with knee bent then return to starting position.
4. Repeat on other side.
5. Repeat lifting both legs at the same time and returning to start position slowly.

Hold for two seconds. Do six to eight repetitions per side.



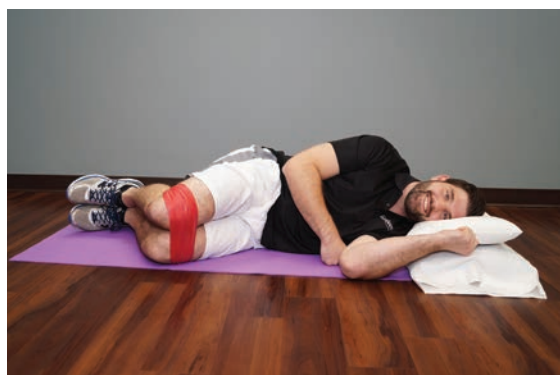
Foundational Spine Exercises

Clamshells

1. Lie on your side with your hips and knees slightly bent and the band around your thighs just above your knees.
2. Keep your feet together and without moving your trunk or pelvis, open your top knee toward the ceiling by rotating at the hip.
3. Slowly return to the starting position.

Hold for five to 10 seconds. Do five repetitions per side.

Remember! Don't hold your breath.

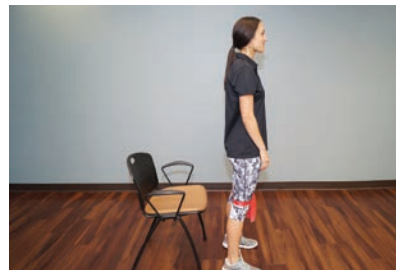


Foundational Spine Exercises

Sit to Stand

1. Place a resistance band around your thighs just above your knees.
2. Scoot forward to the edge of the chair and get your feet shoulder width apart, then push your knees outward into the band to align knees over feet.
3. Bend forward at the hips and reach arms forward and stand up.
4. Sit down by maintaining outward pressure on the band and reaching your hips back towards the chair, allowing your knees to bend.

Hold for three seconds. Do 10 repetitions.



Foundational Spine Exercises

Seated shrug

1. Sit with your arms propped up on a pillow with elbows bent.
2. Maintain your head and neck in proper alignment and gently shrug your shoulders up towards your ears.

Hold one to two seconds. Do three sets of 10 repetitions.



Foundational Spine Exercises

Seated shoulder blade squeeze on pillows

1. Bend your elbows and place your forearms on two to three pillows.
2. Gently squeeze your shoulder blades together without pulling your elbows past the plane of your body. Make sure you keep your head and neck relaxed and in good alignment.
3. Hold three to five seconds.
4. Return to starting position.

Do two sets of 10 repetitions.



Foundational Spine Exercises

Chin tuck

1. Lie on your back with your head on a pillow and your knees bent.
2. Gently tuck your chin down towards your throat without lifting your head off the pillow. Try to minimize the contraction of the large muscles that run up the side of your neck.
3. Hold for five seconds.
4. Return to starting position.

Do one set of 10 to 20 repetitions two times a day.

