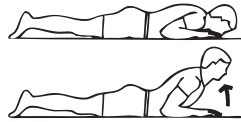


# Lumbar Extension

## AROM Lumbar Extension Prone (Elbow Press Ups)

### Special Instructions

Perform at rate of one arch per second.  
Progress by straightening arms, pushing up.

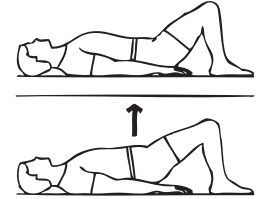


- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once a day
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

## AROM Lumbar Bridging Bil

### Special Instructions

Maintain neutral spine.

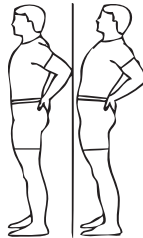


- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

## AROM Lumbar Extension Standing

### Special Instructions

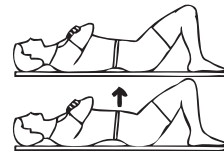
Perform at rate of one arch per second.



- Stand with feet shoulder distance apart.
- Place hands on hips as shown.
- Arch backwards.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

## AROM Lumbar Pelvic Tilt Ant Supine

- Lie on back, knees bent.
- Tighten low back muscles, arching low back off floor.

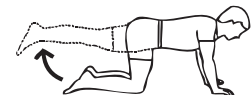


- Relax and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

## AROM Lumbar Alternate Leg Quadruped

### Special Instructions

Maintain a neutral spine and do not allow low back to twist.



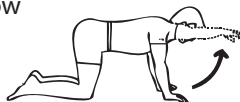
- Begin kneeling on all fours.
- Lift right leg up and back.
- Lower leg.
- Lift opposite leg and lower.
- Repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

## AROM Lumbar Alternate Arm Quadruped

### Special Instructions

Maintain a neutral spine and do not allow low back to twist.

- Kneel on all fours.
- Lift left arm up, keeping elbow straight.
- Return arm to start position.
- Lift right arm.
- Lower and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature \_\_\_\_\_

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*These exercises are to be used only under the direction of a licensed, qualified professional.*