Megan R. Wolf, MD Sports Medicine/Foot & Ankle

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LOW BACK EXERCISES

Plank Exercises

344. PLANK—PRONE on ELBOWS

Assume a plank position as pictured to the right with weight bearing on the toes and elbows. Tighten the core muscles by keeping the entire spine in a straight line from fee to shoulders. Keep the neck in a neutral position with the face parallel to the floor.



Hold this position for _____ second(s)/minutes(s) and repeat _____ times

345. PLANK—PRONE on ELBOWS with HIP MOTION

Assume a plank position as pictured to the right with weight bearing on the toes and elbows. Tighten the core muscles by keeping the entire spine in a straight line from fee to shoulders. Keep the neck in a neutral position with the face parallel to the floor. From this position move one of the lower extremities in the indicated patterns by hinging at the hip. Only go through the motion that is available without moving your original pelvic position.



☐ Hip Extension/Flexion (leg goes up and down)
☐ Hip Abdcution/Adduction (leg moves from side to side)



Move the extremity for _____ second(s)/minutes(s); relax and repeat _____ times with each extremity

346. PLANK—TRIPOD POSITION

Assume a plank position as pictured to the right with weight bearing on the toes of one leg

and both elbows. Tighten the core muscles by keeping the entire spine in a straight line from fee to shoulders. Keep the neck in a neutral position with the face parallel to the floor



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LOW BACK EXERCISES





347. SIDE PLANK—SHORT LEVER HOLDS—LIFTS on KNEES

Lie on your side supported by your elbow with your knees bent as shown to the right. While tightening your lower stomach muscles, lift your pelvis off the floor. Maintain a "neutral spine" position during the hold position. Keep your trunk straight and don't let your hips rotate forward or backward

Hold the plank position for _____ secs)/minutes(s) and repeat _____ times

Hold the plank lift for _____ seconds; lower slowly and repeat _____ times



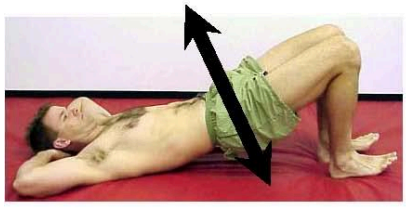


348. SIDE PLANK—LONG LEVER HOLDS—LIFTS from FEET

Lie on your side supported by your elbow with your knees straight as shown to the right. While tightening your lower stomach muscles, lift your pelvis off the floor. Maintain a "neutral spine" position during the hold position. Keep your trunk straight and don't let your hips rotate forward or backward

Hold the plank position for _____ secs)/minutes(s) and repeat _____ times

Hold the plank lift for _____ seconds; lower slowly and repeat _____ times





349. BRIDGING — Double Leg

Lie on your back with your knees bent comfortably. Put your feet flat on the floor about waist distance apart. Tighten the deep lower abdominal muscles. Squeeze your buttock muscles and lift your pelvis off the floor while maintaining a "neutral" lumbar spine. Do not allow the lower back to arch or sag. If you get a cramp in the back of your thigh, lift your toes up off of the ground and concentrate on tightening the buttocks as you do the exercise

Bridge Position: Hands behind head -Arms extended out the side

Perform this activity for _____ repetitions or _____ minute(s)

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GENERAL INSTRUCTIONS

- ☑ For all exercises, preset the abdominal and/or trunk muscles to hold the position you have identified as pelvic neutral. Pelvic neutral is that position which is the most comfortable for your low back. All of the exercises ask you to perform some type of movement while maintaining the spine and pelvis in this neutral position.

- ☑ If an exercise increases your symptoms:
  - *re-read instructions to be sure you are performing the exercise correctly*
  - *decrease the intensity or number of repetitions*
  - *if neither of the above suggestions help, STOP THE EXERCISE and describe the symptoms to your therapist at yournext visit.*

- ☑ Perform the above indicated exercises _____ times/day; _____ days/week