



Therapeutic
Exercise
Protocol:
Lumbar
Spine

2014

Quartell
Chiropractic

Welcome to Functional Movement Therapy!

Our purpose in putting this together for you is to focus on restoring and maintaining your strength, endurance, flexibility, stability and balance. Each week we will build upon the skills you have achieved in order to help you reach your optimum wellness! Videos are provided to give you detailed instructions on how to properly execute each movement.

Each region we want you to focus on has been divided up into a series of 2 steps. These steps will increase in difficulty as you strengthen and improve. Select the poster displaying which region you will be working on, and start with Step 1!

Step 1: Our first goal is to stretch out/roll out the region we are targeting. The purpose of this is to loosen up muscle groups where we are looking to increase flexibility and strengthen. For this step you will either be utilizing a tennis ball, foam roller, or intracell stick depending on what the picture indicates. When you roll the indicated area over the foam roller, you should apply moderate pressure using your bodyweight. You should roll slowly and when you find areas that are tight or painful, pause and focus more on these areas. Roll each area indicated for 15-20 rolls. Roll each muscle group on both sides of the body. For example, if you are targeting the front of the leg on your left side, after 15-20 rolls, target the front of the leg on your right side as well. You may be sore the next day. It should feel as if your muscles have been worked/released. However, you should not push yourself to the point of excessive soreness. Drink plenty of water afterwards.

Step 2: Our second goal is to improve upon mobility and strength in the region we are targeting. Each exercise should be performed back to back for 10-30 reps on both sides of the body a total of three times. Follow the pictures on the posters, and use the packet provided to you if you have any questions as you go along.

You should be able to finish your work with functional movement therapy in less than 10 minutes! So set the timer on your phone for 9 minutes and track how you're doing!

HOW TO SCHEDULE

In conjunction with your chiropractic adjustments, we will set up an extra 10 minutes in the office for you to perform all of your exercises for that particular day.

Office Hours:

Monday- Friday: 9:00 am – 6:30 pm Saturday: 9:00 am- 12:00 pm
(Closed last Saturday of the month)

	MON	TUE	WED	THU	FRI	SAT
Dr. David	9-6:30	9-2P	9-630	9-6:30	9-2P	OFF
Dr. Paige	9-6:30	10-6:30	OFF	9-6:30	9-6:30	9-12

Lumbar Spine: Step 1-Roll It Out

Perform Each Position for 15 -20 rolls.

QUARTELL CHIROPRACTIC

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33418

Phone: 561-625-5556

Fax: 561-625-4622



Intracellular Stick Roll-Front of Legs:

Roll back and forth on the front of your thighs spending extra time on any knots. Repeat on opposite side.



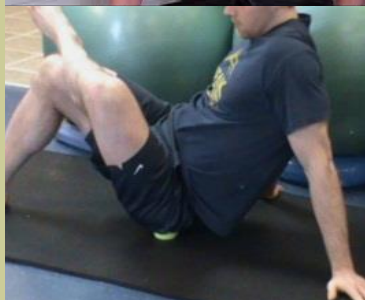
Intracellular Stick -Side of Legs:

Roll back and forth on the side of your thighs spending extra time on any knots. Repeat on opposite side.



Intracellular Stick on Calf:

Roll back and forth on the back of your lower legs spending extra time on any knots. Repeat on opposite side.



Tennis Ball on Hip:

With one leg crossed over the other, put the tennis ball under the butt and roll over targeted area with pressure, taking more time over knots. Repeat on opposite side.

Lumbar Spine: Step 2-Stretch It Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.
Repeat Three Times.

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Hip Flexor Stretch:

Kneel with knee on the ground, same side arm goes back causing pelvis (hips) to shift forward, and back to extend. Hold for 20-30 seconds. Repeat 3 times. Repeat on opposite side.



Hamstring Stretch:

Sitting on the floor with one leg bent and the other straight in front of you, keep your back straight and lean forward at the hips. Hold for 20-30 seconds. Repeat 3 times. Repeat on opposite side.



Lat Stretch-Prayer Pose

Sit with knees bent and bring your hips down to your heels. Let your feet come apart a little and keep the feet flat to the floor. Place your palms facedown above your head and let your hips sink into the ground, while stretching up with the hands.



Cat/Camel:

Inhale as you arch the back up and hollow out abdominals while head remains tucked. Exhale and lower abdominal and reach chin towards ceiling. Repeat 5 times.

Lumbar Spine: Step 3-Work it Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.
Repeat Three Times.

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Supine Twist.

Lie on your back on floor with hips and knees bent to 90-degrees. Reach the arm across to touch the floor opposite of the knees. Hold and repeat.



Bridge:

Rise up so you are on your elbows and toes. Keep the abs contracted, your back should be completely straight. Hold position for 15 sec-1 minute. Repeat 5-10 times.



Quadruped Opposite Arm/Leg:

On all fours, keep head straight with knees bent to 90 degrees. Engage your core and keep back straight during entire exercise and use your hamstring, glutes and low back muscles to lift your leg simultaneously lifting opposite arm. Repeat 10 times each side.



Glute Bridge:

Lie face up on the floor with your knees bent and feet flat on the floor. Raise your hips so your body forms a straight line from your shoulders to your knees. Pause in the up position, and then lower back to starting position.

Lumbar Spine: Step 3-Work it Out Mobility/Strength

Perform Each Exercise Back to Back for 10-30 Reps.
Repeat Three Times.

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Supine Single Leg Lift:

Lie on your back with feet flat on floor and arms palm-down at sides. Draw in abs and lift one leg so it is perpendicular to the floor. Hold for 10 seconds. Repeat 10-30 times on both sides.



Squat:

Keeping the arms out in front of you and the heels/feet flat on the floor squat down until your butt is even with your knees. Hold at the bottom for 3-10 seconds.