

Prepared for: _____

Prepared by: _____

Purpose of program: _____

Lumbar & SI Stabilization - 'Neutral Pelvis Track'

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

Indication

- First step in most lumbar stabilization/core body strength programs
- Good for improving proper biomechanical motion & pelvic stability

Application

1. Patient supine, seated or standing – rock pelvis back & forth (“pelvic clocking”)
2. Patient finds pain free area (“neutral pelvis”); if there is no pain free area – patient finds area where they feel most stable
3. Patient “locks” pelvis by contracting abdominal musculature (“abdominal bracing”)
4. Patient performs motions (sitting/bending/twisting & eventually tracts) with abdominal bracing

Note: only progress to more difficult tasks as endurance & strength increase

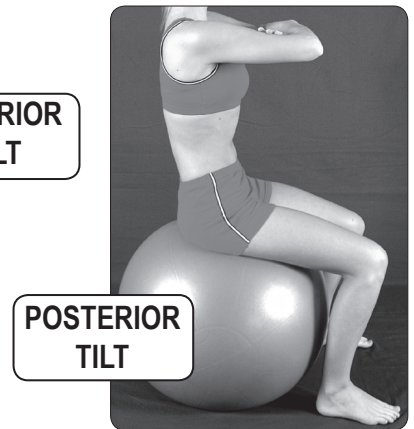
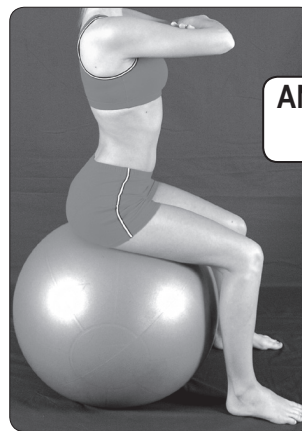
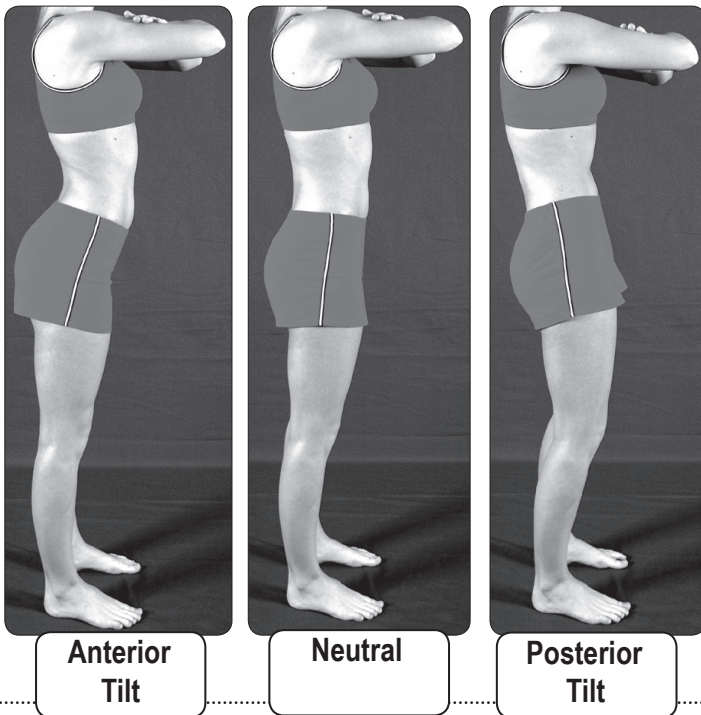
Proper Technique

- Breath & focus on muscles you are working
- Maintain neutral pelvis & do not arch back
- Do movements slowly, if shaking occurs step down a level

Warning: if back pain is aggravated STOP, muscle ‘burn’ is OK, muscle soreness over the next few days is common & normal

Outcome Measure

- Patient should be able to do 10 contractions with 10 sec holds before moving on to next track



Prescription

(your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week