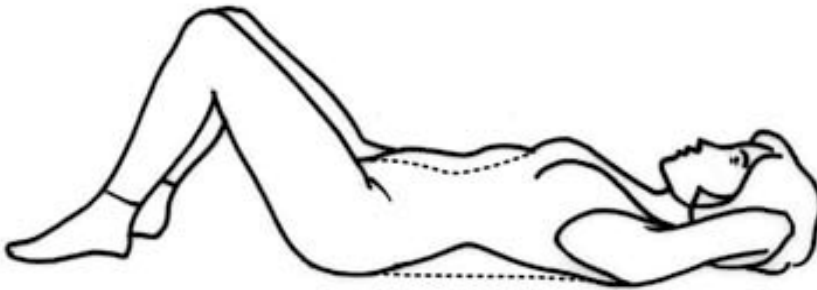


# LUMBAR DISC SYNDROME

## Exercises

The initial phase of stabilization training begins with isolated muscle contractions. Stabilization training is initiated with the patient being instructed in the *neutral spine position*. The neutral spine position is where the spine is in ideal alignment and is found by envisioning the face of a clock on the abdomen, with 12:00 at the belly button and 6:00 at the pubic bone. The pelvis is then alternately tilted so that 12:00 rocks toward the floor and then 6:00 rocks toward the floor. This is done repeatedly 10 times in each direction gently and slowly. The neutral position within that range is the point where you identify is the most comfortable. This position is emphasized and should be maintained for all movements performed during stabilization activities as well as all daily activities.



As awareness of the neutral position is demonstrated, isolated transversus abdominus contraction is then initiated. This muscle is trained by simply pulling your navel into your spine, and/or exhaling thoroughly, while maintaining the neutral spine position.

Once these 2 exercises are learned, the following exercises can then be initiated:

### Back Stabilization Exercise 1

- Lie on back, *left* knee bent. Tighten abdominals and buttocks, keeping back in neutral position. Raise *right* leg 12 inches, knee straight.
- Hold 3 counts
- Lower leg. Repeat 10 times.
- Repeat with *left* leg.
- Progress to making circles and squares with raised leg.

# LUMBAR DISC SYNDROME

## Back Stabilization Exercise 2

- Start in kneeling position. Tighten abdominals and buttocks, keeping back in neutral position.
- Hands on hips.
- Raise *right* foot and place on floor in front of you, kneeling on *left* knee.
- Lunge forward, moving at hips.
- Hold 3 counts.
- Return to kneeling.
- Repeat 10 times.
- Repeat with the opposite side.

