

Dr. John Lavelle

Spine Physiatrist

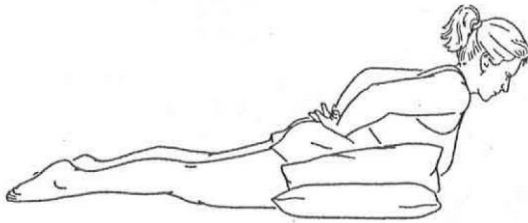


Spine Home Exercise Program

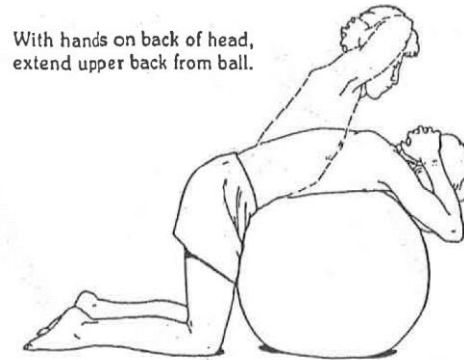
Days/Weeks: _____

Repetitions: _____

□ BACK EXTENSION



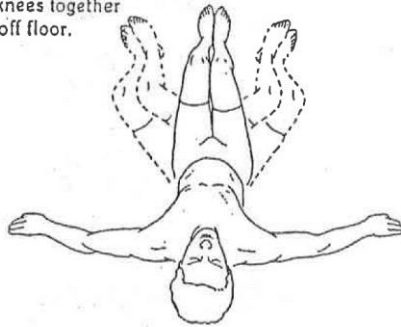
With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.



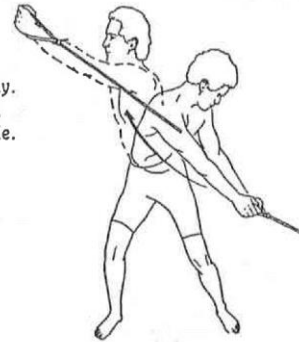
With hands on back of head, extend upper back from ball.

□ ROTARY TORSO

Bring both knees in to chest. Rotate from side to side, keeping knees together and feet off floor.

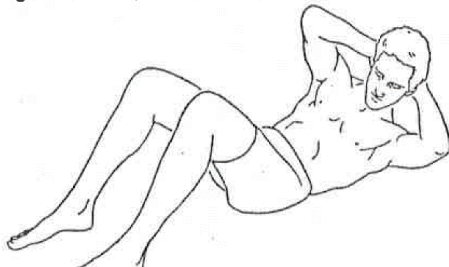


RIGHT / LEFT side toward anchor, feet slightly offset, reach down across body. Straighten upper body, rotating up to other side.



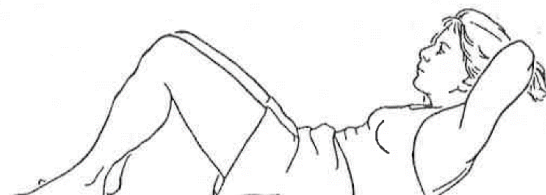
□ DIAGONAL CURL-UP

Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders while rotating to RIGHT / LEFT side.



□ CURL-UP

Keeping hands clasped behind head to support neck, tilt pelvis to flatten back. Raise head and shoulders from surface.



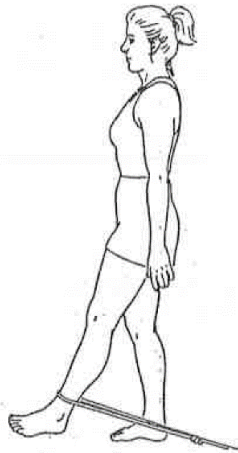
Dr. John Lavelle

Spine Physiatrist



□ ROTARY HIP

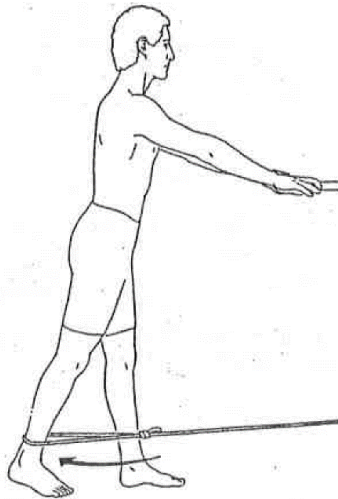
With tubing around RIGHT / LEFT ankle, anchor behind, bring leg forward, keeping knee straight.



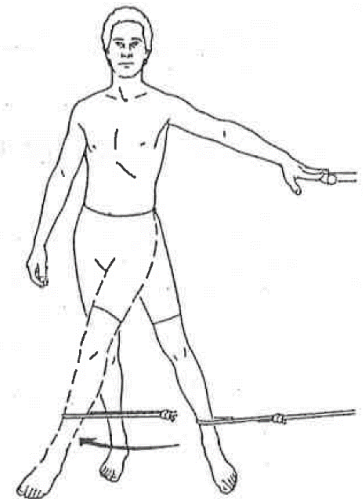
With tubing around RIGHT / LEFT leg, other side toward anchor, extend leg out from side.



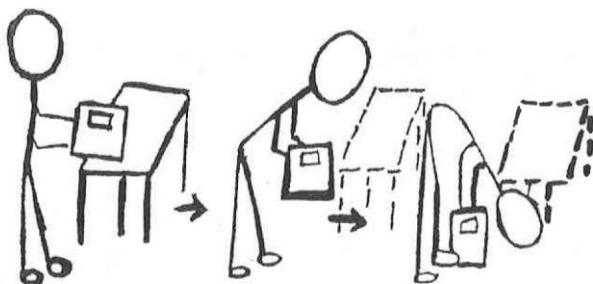
With tubing around RIGHT / LEFT ankle, face anchor and pull leg straight back.



With tubing around RIGHT / LEFT leg, bring leg across body.



□ LUMBAR CRATES



□ CERVICAL CRATES

