













LUMBAR RANGE OF MOTION:

EXERCISE OPTIONS FOR THE EXTENSION-BIASED PATIENT

 <p>1) Standing extension</p>	 <p>2) Chair extension</p>	 <p>3) Prone Press-up</p>	 <p>4) Chest on floor extension</p>	 <p>5) GymBall extension</p>
 <p>6) Prone GymB Extension</p>	 <p>7a) Hand-heel-rock – step 1</p>	 <p>7b) Hand-heel-rock - step 2</p>	 <p>7c) Hand-heel-rock – step 1</p>	 <p>7d) Hand-heel-rock –step 3</p>
 <p>8) Side Glide Left</p>	 <p>8) Side Glide Right</p>	<p style="text-align: center;"><u>Exercise Directions</u></p> <p><u>Exercises 1-6</u> can be applied many times a day for up to 5-6 minute holds, rather than in reps.</p> <p><u>Exercise 7</u>, the Hand-heel Rock (7a-d) where slow reps are preferred. The flexion component of the HHR (7b) should be modified during the peripheralization period of the patient’s condition, especially if pain radiates into a leg during Step 2 (7b). Often, waiting until peripheral symptoms are eliminated before starting the HHR is wise.</p> <p><u>Exercise 8</u>, side gliding is used when spinal antalgia exists- utilize the side that centralizes pain. Modify to each individual patient. Discontinue if sharp or alarming pain occurs and discuss.</p>		

Objective: Improve ROM and centralize peripheral / leg pain.

NAME _____ DATE _____