

THE LUMBAR

bracing program

These exercises should be done at least **2** times a day. Warm up first with a hot shower, heating pad or hot water bottle. If you need pain medication take it about one half hour before you exercise. You should have some pain with the exercises but it should last only 10 or 15 minutes. It should take only 10 or 15 minutes to do all your exercises.



LUMBAR BRACING: Lying on your back with your knees bent, brace your abdomen by tightening the muscles you use to cough. You should not feel your spine move. Focus on breathing normally. Hold for 30 seconds, repeat 10 times.



LEG LIFT: Perform abdominal bracing while lying on your back with knees bent. Lift your leg off of the floor about 3 to 4 inches keeping your knee bent. Then lower your foot, holding your abdominal brace. Relax. Alternate each foot 10 times.



LEG KICK: Perform abdominal bracing while lying on your back with your knees bent. Straighten your right knee, but keep your thighs in position. Bring your right leg down, and relax. Brace and do the same with only the right leg. Alternate each 10 times.



LEG LOWERED: Perform the leg kick, but when your leg is straight, lower your whole leg to the floor. You should not feel your spine move. Bend your knee back to the original position and relax. Alternate each leg 10 times.