

Lumbar Sugery Exercises

Series and repetitions: start with one series of 5 repetitions. Increase gradually. Make groups of 5 series. Rest one minute in between series.

Start slowly and progress gradually. All exercises to be performed carefully and without feeling pain nor fatigue.

First week after the surgery

1. Supine pelvic tilt.

Tighten the abdomen, contracting the buttocks, flatten the lumbar spine. Hold 5 seconds and return to the starting position.



2. Psoas stretching.

Push the leg that is bent keeping the other leg stretched. Hold 10-30 seconds and return to starting position. Repeat with other leg.



2nd week after the surgery

Besides the previous exercises, add the following:

1. Lower abdominals.

Bend the head and legs, bringing the chin and knees to the chest. Hold 5 seconds and return to the starting position.



2. Lying hamstring stretch.

Bend one hip and hold the thigh in this position. Extend the knee to maximum possible. Hold this position 15-30 seconds and return to the starting position.



3. Extended leg elevation.

Elevate leg placed above, 20-30 cm. Hold 5 seconds and return to the starting position. Repeat with other leg.



3rd week after the surgery

Besides the previous exercises, add the following:

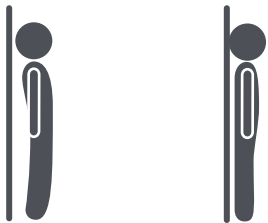
- 1. Cat-camel.**
Arch the spine upwards, flexing the neck. Hold 5 seconds



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- 2. Upper abdominals front (hands-ground).**
Bring your chin to your chest and raise upper body about 24 cm. Hold 3 seconds and return to the starting position.



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- 3. Standing pelvic tilt.**
Tighten your abdomen and flatten the lumbar spine against the wall. Hold for a few seconds and return to starting position.



4th week after the surgery

Besides the previous exercises, add the following:

- 1. Simultaneous arm and leg elevation.**
Raise your arm and the your contrary side leg until horizontal. Keep during 5 seconds and return to the initial position. Repeat with the other two extremities.

