



Isometric Transverse abdominal contraction

Lay on your back with your knees bent.

Place your thumbs on your stomach just inside your hip bones to feel the muscle contract.

Activate your abdominals by pulling everything in. "Try to bring your navel to your spine."

Hold this contraction for as long as possible to improve endurance.

Learn to use this muscle with daily activities such as lifting, bending, rolling.

Repeat 10 Times
Hold 5 Seconds
Perform 3 Time(s) a Day

Postural awareness.

Sitting in a chair with feet flat on the floor. Tighten abs and lift chest up sitting erect.



Practice obtaining erect sitting posture in sitting as often as possible during day. Maintain contact with the back of the seat; A soft pillow may be useful to re-introduce pressure to your low back after surgery.

SIT STAND - BOTH HANDS ASSIST

While seated in a chair, scoot forward towards the edge of the chair. Next, hold on to the arm rest with both hands for support and then raise up to standing. Keep back erect, avoid leaning forwards with your trunk.

Repeat 5 Times
Perform 2 Time(s) a Day



Outside of performing this as an exercise, work to make this habitual when standing.



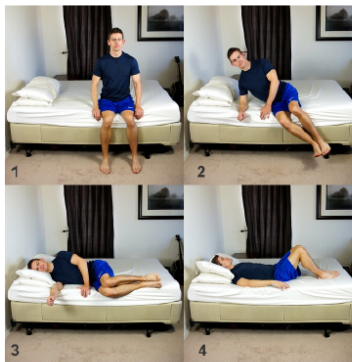
Ankle Pumps

As often as possible during the day, pump your feet up and down.

GLUTE SET

Hold 3 Seconds

Squeeze your buttocks and hold. Repeat. Do as often as possible during day. This can also be completed in sitting position.



LOG ROLL

GETTING IN BED:

Start by sitting on the edge of the bed. Next, lower your self down lying on your side using your arms. Once fully on your side, roll onto your back. When rolling be sure your knees stay bent and that you roll your whole body together as one unit. Your shoulders, pelvis and knees all roll as one.

GETTING OUT OF BED:

Start by bending your knees and then roll onto your side. Reach your arm across your body to initiate the rolling. When rolling, be sure that you roll your whole body together as one unit. Your shoulders, pelvis and knees should all roll together. Once on our side, tip yourself up to sitting using your arms.



Nerve gliding.

While sitting, begin in a comfortable position with neck bent downwards. Then make your trunk as erect as possible, look straight ahead, and kick your leg outwards slowly, as shown in picture. Return to starting position, and repeat.

Repeat 10 Times

Perform 2 Time(s) a Day

****This exercise is extremely useful following surgery to prevent nerve fibers from becoming adhered to surrounding tissue, which is a common problem following spinal operations, which can inhibit progress. However, it is important to note that performing this exercise can also irritate nerve tissue, and cause worsening symptoms. If you experience any radiating symptoms when attempting to complete exercise, stop immediately. Due to potential provocative nature of exercise, discussing this with your therapist is recommended before completing independently.**