![prohealth logo]

Prepared for: _____

Prepared by: _____

Purpose of program: _____

Lumbar Stabilization - 'Dead Bug'

After an injury or surgery, an exercise conditioning & stretching program will help prevent future injury & allow you return to daily activities, sports or work. Talk to your doctor or therapist about which exercises will best help you meet your rehabilitation goals. Regular activity has also been show to drastically improve mood, decrease healing times & slow the aging process!

Warm-up before doing the following exercises with 5 to 10 minutes of low impact activity, like walking or stationary biking.

Ask questions if you are not sure how to perform an exercise, or how often to do it, contact your doctor, therapist or trainer.

Indication

- Lumbar stabilization & aerobic conditioning
- Good for patients that cannot do abdominal curls due to pain or other pathologies
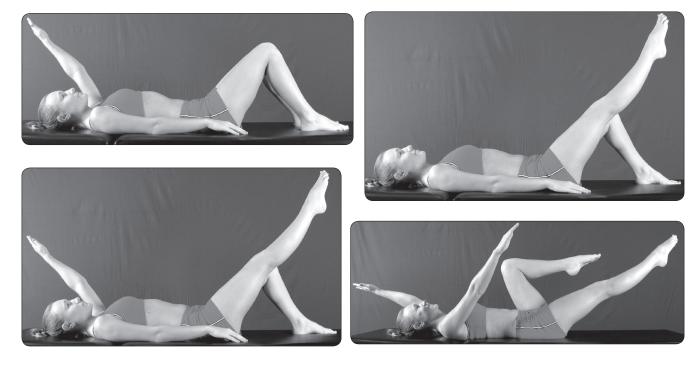- Weak abdominal musculature

Application

1. Patient supine, with knees bent – raise arm over head
2. Lift one foot off table, then alternate
3. Lift one straight leg off table
4. Lift one straight leg off table & raise opposite arm over head
5. Lift both legs off table & perform alternating kicks ("bicycling") & alternate arms overhead

Note: only progress to next level of difficulty as endurance & strength increase

Proper Technique

- Breath & focus on muscles you are working
- Maintain neutral pelvis & do not arch back
- Do movements slowly, if shaking occurs step down a level

Warning: if back pain is aggravated STOP, muscle 'burn' is OK, muscle soreness over the next few days is common & normal

Outcome Measure

- Increased endurance & difficulty of activity
- Patient work up to maintaining activity for up to 2 minutes

Prescription (your doctor or therapist will circle desired exercises above and give appropriate directions on how to perform)

_____ reps, _____ sets, _____ seconds to hold, _____ times/day or week