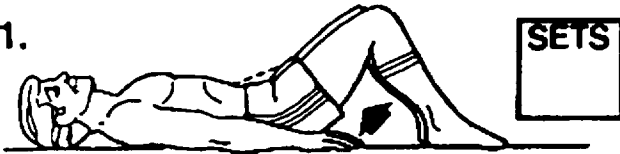


Exercises to Rehabilitate and Strengthen Low Back

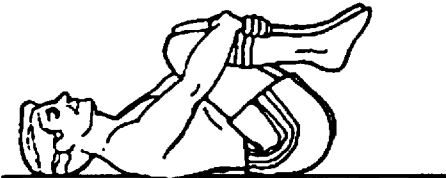
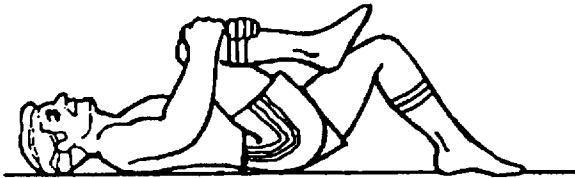
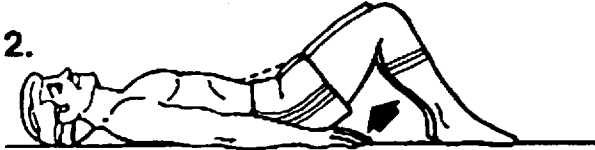
CAUTION
No exercise program should be undertaken without the approval, instruction and monitoring of your doctor of chiropractic.

1.



1. The basic starting position for this exercise is lying on your back with the knees bent, hands at your side, and feet flat on the floor. Tighten the muscles of the abdomen and buttocks, and at the same time, press your back firmly against the floor. Hold for 6 seconds. Exhale. Relax for 12 seconds. Repeat as recommended by your doctor of chiropractic.

2.



SETS

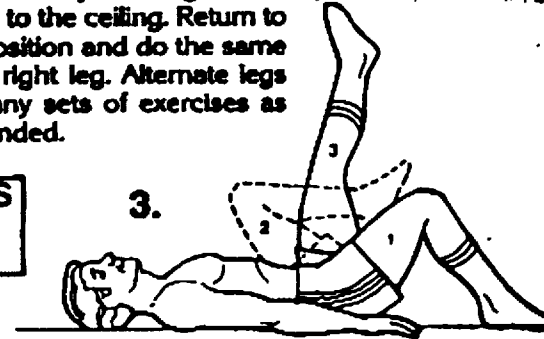
2. Lie on the floor with your knees bent, feet flat on the floor and arms at your sides, pelvis tilted. Take a deep breath and grasp one knee with both hands, then bring your knee towards your chest. Apply a reasonable amount of pressure to exert a pull. Hold, count to five. Breathe out, and return your leg to the starting position. Repeat same procedure using other leg.

Following the prescribed individual leg exercises, repeat the procedure grasping both legs at once. Hold, count to five, release slowly. Repeat the series of exercises as recommended by your doctor of chiropractic.

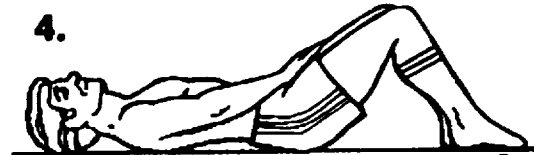
3. Lie flat on your back with both arms at your sides, knees bent and feet flat on the floor, pelvis tilted. This time, draw your left knee to your chest without using your arms, followed by exhaling and straightening out leg and pointing it to the ceiling. Return to starting position and do the same with your right leg. Alternate legs for as many sets of exercises as recommended.

SETS

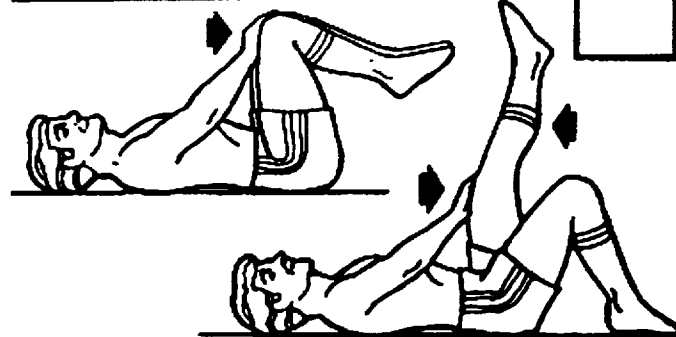
3.



4.



SETS

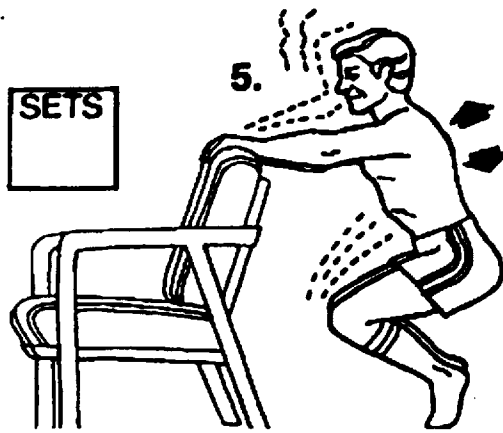


4. This is a lower abdominal exercise. Lie on back with your hands against your thighs. Raise your legs so that your thighs will be perpendicular to the floor as illustrated in the drawing. Push against thighs with hands while at the same time resisting with thighs. Hold to count of three. Release slowly. Repeat as recommended.

When you have completed the prescribed number of repetitions in exercise #4, raise your left leg as illustrated and push against your left thigh with your right hand, while at the same time resisting with your thigh. Hold to the count of three, release slowly. Repeat three times. Switch exercise using right leg and left hand; repeat three times.

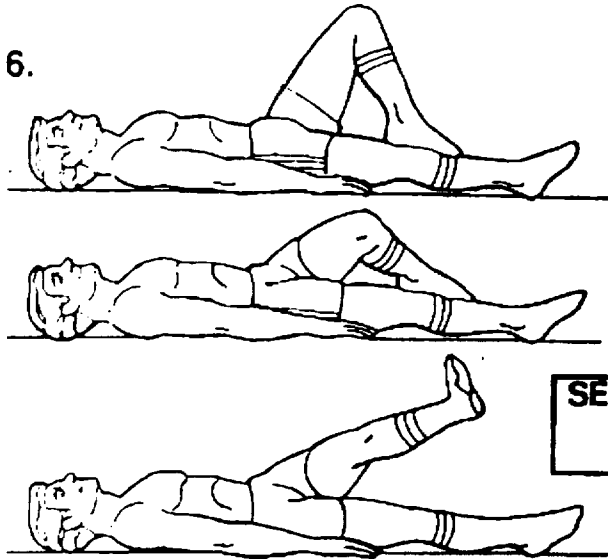
5.

SETS



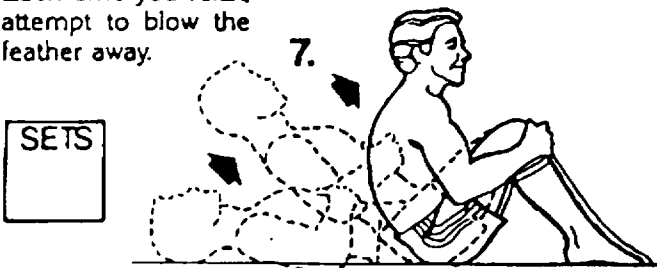
5. Use a medium height chair. Gradually bend to a squatting position, keeping your head flexed forward. At first, do the exercise by holding on to the chair. When you are able to maintain your balance, attempt this exercise without the use of the chair. Do this exercise 10 times in succession, repeat three times.

The following are advanced exercises. Do not do these exercises unless recommended by your chiropractor.

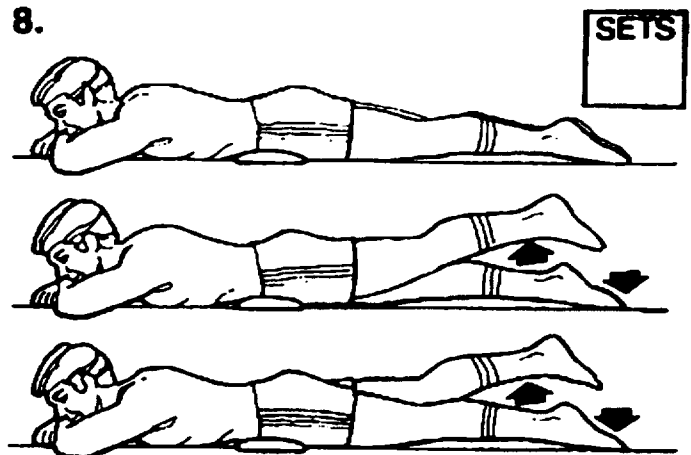


6. Lie on your back, both legs extended. Bring your left foot up to your right knee and rest with the sole of your left foot on your right knee. Then slowly bring the flexed knee toward the right until you feel the stretch. Repeat the exercise, alternating sides. This exercise can be made more effective by extending the knee of the exercised leg. Be certain to keep shoulders flat against floor or a table.

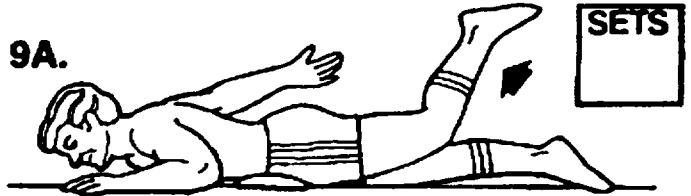
7. This exercise should not be done until the other exercises have been done for several weeks. Assume a basic starting position. Lie on your back, knees bent, feet flat on floor, and hands on your abdomen, pelvis tilted. Pull up to a one quarter sitting position, being certain to keep the knees bent. It is helpful to put the feet under a heavy chair or sofa for support, or have someone hold the feet to the floor. Hold; count to three. Relax. Repeat as recommended. It is helpful to visualize a feather on your knees. Each time you relax, attempt to blow the feather away.



10. Assume a kneeling position, resting on your hands and knees. Arch your back like a cat, drop your head at the same time. Then reverse the arch by bringing up your head and forming a U with your spine. Do each set at least five times. Repeat as recommended.

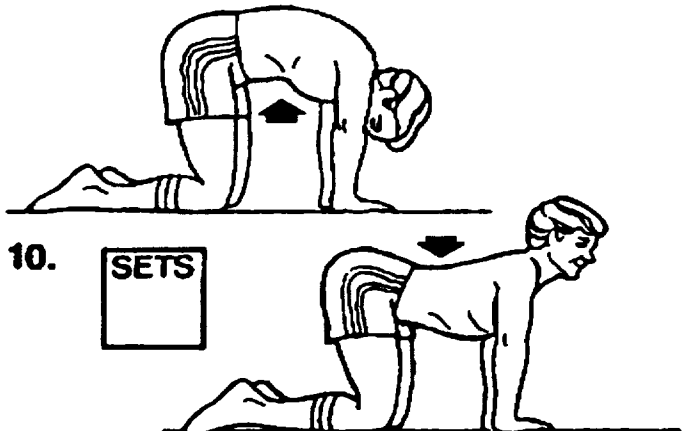


8. Lie flat on your stomach, pillow under hips, with arms crossed under your chin. Tighten your muscles in your left leg and raise slowly without bending or moving your hips. Hold for 10 seconds. Relax slowly. Repeat procedure with the right leg. Repeat as recommended.



9. Lie on your stomach, pillow under hips. Place your hands in the small of your back. Slowly raise your head and chest from the floor while at the same time raising the legs from the floor 2" to 6". Hold for 10 seconds. Relax slowly. Repeat as recommended.

9A. Following completion of exercise #9, place your right hand behind you and attempt to touch the left leg. Hold to count of three; relax slowly. Repeat three times, and repeat exercise using the left hand and right leg.



NECK EXERCISES

If you have any questions, please make sure to ask prior to initiating this program.

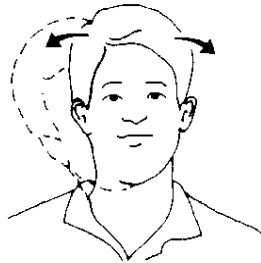
Neck pain is a common disorder that affects almost everyone at some time in his or her life. Most neck pain problems, although painful, are not serious in nature particularly if there is no significant or consistent pain into either of the upper extremities. Most neck pain problems are related to muscular strain and improve on their own within six to eight weeks. The attached exercises are designed to help maintain range of motion while improving discomfort.

It is possible that you will experience some discomfort with doing some of the exercises outlined, and it is perfectly acceptable to skip one or two of the exercises if they cause discomfort. It is also suggested that you decrease the number of repetitions or sessions for a particular exercise if you are having significant discomfort. Occasionally, skipping a day of doing the exercises may be necessary because of discomfort, but the goal is to do them twice each day, do them slowly, and expect gradual improvement of symptoms. Using heat **BEFORE** beginning the exercises and ice **AFTER** may help minimize discomfort.

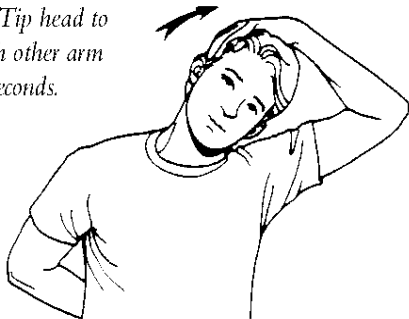
Activities to avoid: sudden turning or twisting (may be required with driving), weight lifting or contact sports, holding the neck in one position (long movies), over head work

Activities that are encouraged: frequent changes in position, frequent range of motion of the neck, swimming or water exercises, walking

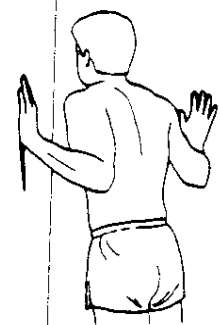
Looking straight forward, slowly tip head to each side as far as you can without causing pain. Repeat 10 times.



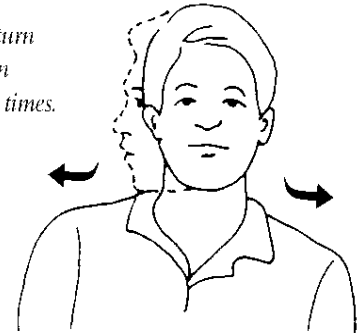
Place one arm behind back. Tip head to the side and gently pull with other arm until feel stretch. Hold 30 seconds. Repeat 3 times.



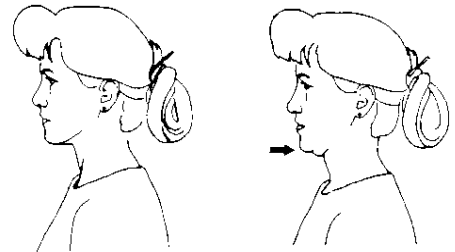
Stand facing corner. Place hands on wall at shoulder level. Step into corner with one leg and gently lean forward keeping back straight until chest stretch is felt. Hold 30 seconds. Repeat 3 times.



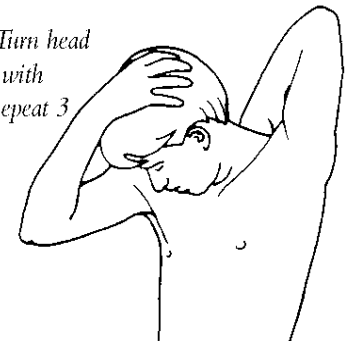
Looking straight forward, slowly turn head to each side as far as you can without causing pain. Repeat 10 times.



Looking straight forward. Pick a spot on the wall in front of you and keep looking at it. Pull head straight back. You may feel a stretch in the back of the neck. Hold 5 seconds. Repeat 10 times.



Place one arm up behind neck. Turn head and look at hip and gently pull with other hand. Hold 30 seconds. Repeat 3 times.



Buenaventura Orthopedics



**Buenaventura
Medical Group, Inc.**

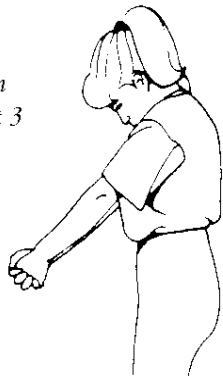
(805) 477-6000

(805) 477-6070

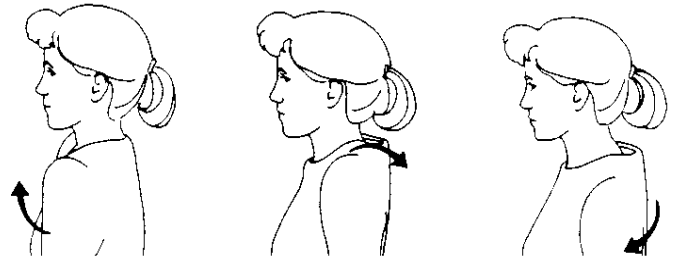
East Ventura: 888 S. Hill Rd., Ventura
Ashwood: 120 N. Ashwood Ave., Ventura
Vista Professional Building: 2601 E. Main St., Ventura

Oxnard: 2200 E. Gonzales Rd., Oxnard
Camarillo: 2620 E. Las Posas Rd., Camarillo
Buenaventura Orthopedics: 2660 E. Main St., Ventura

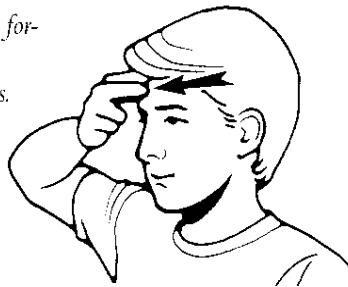
Clasp hands in front of you at waist height. Gently press forward to stretch upper back. Hold 30 seconds. Repeat 3 times.



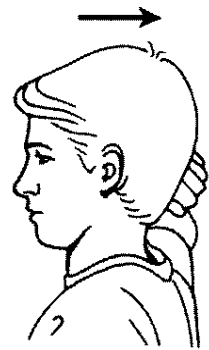
Standing with good posture, slowly roll shoulders up and back. Repeat 20 times. Perform 3-4x/day.



Looking straight forward. Place fingers on forehead and gently press forward without moving head. Hold 5 seconds. Repeat 10 times.



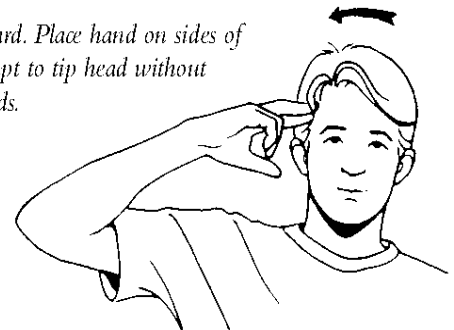
Looking straight forward. Place hand behind head and gently push back without moving. Hold 5 seconds. Repeat 10 times.



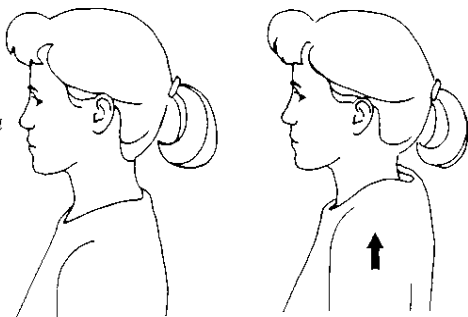
Looking straight forward. Place hand on side of head and gently attempt to turn head without moving. Hold 5 seconds. Repeat 10 times.



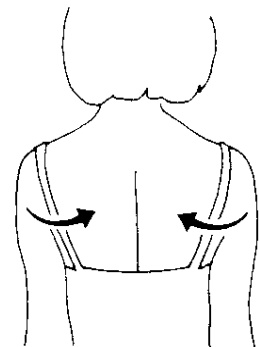
Looking straight forward. Place hand on sides of head and gently attempt to tip head without moving. Hold 5 seconds. Repeat 10 times.



Standing with good posture, slowly shrug shoulders until muscle is tired or you have reached 25 repetitions. Perform 4-5x/day.



Standing with good posture, slowly squeeze shoulder blades together. Hold 3-5 seconds. Repeat 20 times.



Comments:

Additional Instructions: