

Name:

LUMBO-PELVIC REHABILITATION EXERCISES

Note: All exercises are to be completed with full control and balance

Exercise:	Sets	Repetitions	Surface	Notes
<u>Mobilisation/Flexibility Exercises</u> <ol style="list-style-type: none"> 1. Lumbar Extension Stretch/With Floss 2. Standing QL Stretch 3. Supine Lumbar/SIJ Mobs Straight Leg 4. Supine Lumbar/SIJ Mobs Bent Knee 5. Prone Lumbar/SIJ Mobs 6. Cat/Camel 7. On Knee Skier Shifts 8. Preacher (Hold/I+Y/Thread Needle) 9. Jack Knives 10. Circumduction Jack Knives (Half/Full) 				
<u>Lumbo-Pelvic Stabilisation Exercises</u> <ol style="list-style-type: none"> 1. Hip Extension (Standing/Prone) 2. Superman's 3. BirdDog 			<ol style="list-style-type: none"> 1. Floor 2. Pillow/Foam Board 3. Bosu Ball/Wobble Board 	All exercises should focus on engaging glutes and abdominals. Slow and Steady movements
<u>Abdominal Trunk Exercises</u> <ol style="list-style-type: none"> 1. Plank/Side Plank 2. Leg Raises/Single Leg Raises 3. Hip Hikes 4. Russian Twists/Flappy Bird/V-Sits 			<ol style="list-style-type: none"> 1. Floor 2. Pillow/Foam Board 3. Bosu Ball/Wobble Board 	
<u>Lumbo-Pelvic Resistance Exercises</u> <ol style="list-style-type: none"> 1. Back Extension 2. Roman Chair Lateral Raises 3. Good Morning (Standing/Seated) 4. Romanian Deadlift 5. GHD Isometric Hold/With Additions 				
RETURN TO NORMAL TRAINING				

