



Therapeutic exercise SOP



Escort patient into therapy area

Doctor will advise which area of the spine to work on

Place mat down for exercise that require patient to be on the floor

Thoroughly explain each exercise and its purpose

Clean mat after therapies are finished

Have patient take activity slip back to the front for check out and scheduling

Bridges – Purpose to strengthen glutes, hamstrings and lower back

Cues - Lay down on your back, bring the heels close to the buttocks, put hands underneath lower back. Push the lower back down toward the floor against your hands to flatten out lumbar curve, Raise hips high toward the ceiling, Hold for 1 or 2 seconds, lower slowly back down. Make sure lumbar spine stays flat during the exercise. Perform 2 sets of 10 reps

Planks – Purpose – to strengthen anterior chain including hip flexors, abdominals, chest and arms

Cues – lay on stomach, lift up on the toes and elbows. Elbows at 90 degrees. Squeeze glutes. Raise glutes up toward the ceiling slightly. Tuck your tailbone down toward the floor while raising glutes up. Hold for 30 sec. Building up to 2 min

Side plank – Purpose – to strengthen side of the core muscles and arms

Cues – lay on your side. Bend your knees. Raise yourself up to your elbow. Use your knees as the fulcrum. Tilt your hip closest to the floor down toward the floor and raise back up. 1-2 sets of 10 reps

Cat camel – Purpose – Stretch and strengthen lower back and abdominals

Cues – Move to all 4's hands and knees. Look up and arch the back stretching the abdominals. Tilt down tucking your tailbone and rounding your back contracting abdominals. 2 sets of 10

Bird dog – Purpose – to strengthen core and improve balance and coordination

Cues – move to all 4's. Raise up right arm and left leg. Right arm elbow by the ears. Left leg kick straight back, heel toward the wall. Come back down slow and controlled to all 4's. Alternate arm and leg. Repeat 2 sets of 10

Wall angels – Purpose- to improve posture, strengthen back muscles and stretch and open the chest

Cues – Have your back and butt up against a wall. Bring your head straight back to touch the wall giving yourself a double chin moving the head horizontally straight back. Bring the elbows up against the wall to 90 degrees. Bring the hands back and have the wrists touch the wall. Hold 5-10 seconds. Relax and repeat 2 times total.

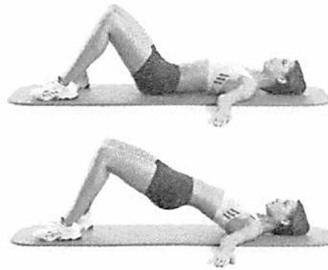
Y T exercise – Purpose – To strengthen back and improve posture and improve shoulder health. Cues bend 45 degrees at the waist. Bring the arms out to the side making a T feeling a contraction in your back. Bring the arms out

Band Pull aparts – Purpose – To strengthen the back and improve posture and shoulder health. Cues Grab an elastic band with hands about 6 inches apart and pull straight back and out to the sides. Squeezing the back for 1 sec

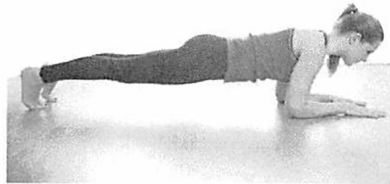
Neck Stretches – Purpose – to improve flexibility and ROM in the cervical spine. Cues rotate head clockwise and counter clockwise 10 times each. Avoid excessive ROM. Stay within pain free limitations. Tilt the neck slowly side to side 10 times each staying within pain free limitations. Look down and up 10 times each staying within pain free limitations.

Lumbar Therapeutic Exercises

Bridges
2 sets of 10



Planks
1 min hold



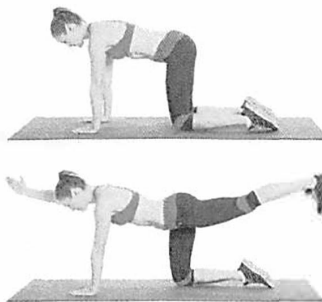
Side Plank
1 min hold



Cat Camel
2 sets of 10



Bird Dog
2 sets of 10
Alternate right and left
leg



Y T Exercise
3 sets of 10



Wall Angels
2 sets of 5-10 sec holds



Perform these exercises every other day



Therapeutic Exercises

Cervical Spine

Wall Angels
3 sets 5-10 sec



Chin Retraction
3 sets 5-10 sec



Neck Mobility
10 reps each



Y-T Raises
10 reps each



DennaRoll
1-8 min

