

Exercises



Clear Passage
PHYSICAL THERAPY



Continue to see results after therapy with these follow-up stretches and exercises.

Getting Started

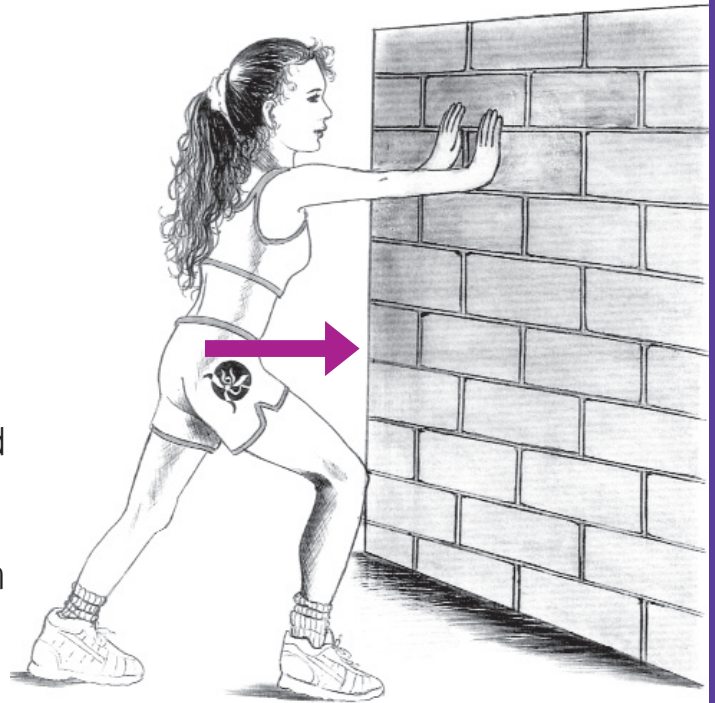
- Your therapist will educate you on which exercises are appropriate for you.
- Try to find some time each day to do your exercises. If you feel you don't have enough time to do all of them thoroughly, then focus on what you can do completely. This is more effective than rushing through all of the exercises with minimal time to allow them to work.
- It will take time to learn all of the exercises. Initially, you may need to choose a few exercises on which to focus. You can add exercises to your routine as you learn more of the exercises.
- Please consult your physician regarding these exercises if you have any changes in your medical status after you leave Clear Passage. In some circumstances, including pregnancy, certain exercises may need to be modified or discontinued.



□ 1. Calf Stretch

Gastroc and Soleus muscles
(tightness will decrease base of support and impair balance during bending and lifting activities)

Stand facing a wall, about three feet away. Place your hands on the wall in front of you with your arms straight. Bring right foot forward and bend the right knee. Keep your back and left knee straight, and keep your left heel on the floor with the toes pointed straight ahead. (You may also place your 'back' toes on a phone book to increase the stretch.) Lean your trunk and hips toward the wall until you feel a stretch in your left (back) calf. To stretch the soleus, bend the back knee slightly while keeping the back heel flat on the floor and turned slightly outward, lean into wall until stretch is felt in the calf.

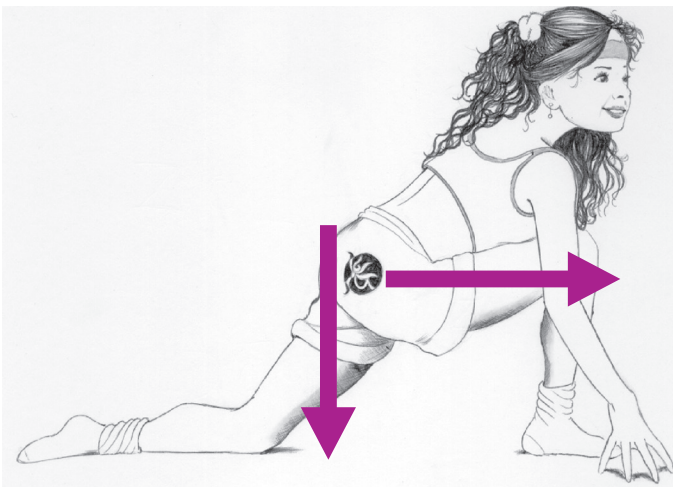


Hold for 30 seconds. Repeat 2 times. Reverse leg positions, and repeat on the other side. Do twice daily.

□ 2. Iliopsoas Stretch (hip flexors)

(tightness limits posterior tilt of the pelvis and increases lumbar lordosis; this decreases movement in all directions, especially backward and forward bending)

Place a pillow on the floor. Kneel on the pillow with your left knee, with your right foot out in front of you and pointing straight ahead. Make sure you have room to lean forward without having your right knee go beyond your right toes. Keep your back straight, tuck your buttocks under, and lean forward until you feel a stretch in your abdomen and the front of your left thigh.



Hold for 30 seconds.
Repeat 2 times. Switch leg positions. Repeat on the opposite side. Do twice daily.



□ 3. Quadratus Lumborum Stretch

(tightness will hike the iliac crest up closer to the rib cage, and can decrease most spinal motions)

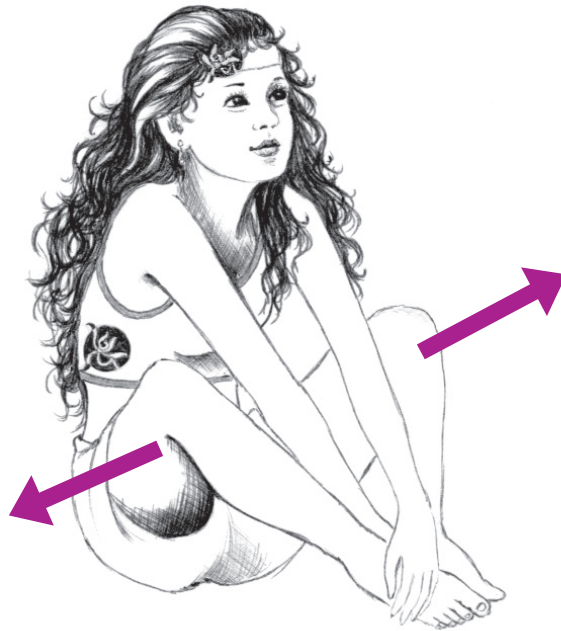
Stand in a doorway close to the door jamb and cross the right leg in front of the left. Grasp the door jamb on your right side with both hands overhead. Stretch your left hip to the left (away from door jamb you're holding on to) until you feel a stretch on the left side of your trunk. Repeat with the left leg in front and holding on to the door jamb on your left side, stretching your right hip to the right to stretch the right side of your trunk.

Hold for 30 seconds. Repeat 2 times on each side. Do twice daily.

□ 4. Adductor Stretch

(tightness affects pelvic position, mobility, and lateral movements)

□ Option 1: Sit on the floor with bottoms of feet together, and knees bent. Slowly allow your knees to fall away from each other towards the floor and pull feet toward groin until you feel a stretch in the inner thigh.



□ Option 2: Lie on your back with your knees bent and soles of feet together. Let your knees fall out to the sides until you feel a stretch in the inner thighs.

Hold for 30 seconds and repeat twice, or just hold for 2 full minutes. Repeat 2 times. Do twice daily.



□ 5. Iliotibial Band (ITB) Stretch

(helps maintain posture during gait, contributes to S-I joint hypermobility, affects ability to shift weight over the base of support)

□ Option 1: Lie on your back with your knees bent and your hands behind your head. Cross your left leg over your right knee and move both knees to the left using left leg to help stretch the right hip until you feel a stretch in the right side of the trunk and hip.

Hold for 30 seconds. Cross right leg over left knee and repeat the stretch, moving the knees to the right. Repeat 2 times each leg. Do twice daily.



□ Option 2: Lie on your back. Use a belt, rope or towel around foot and pull straight leg up and across body. If you have low back pain bend the opposite knee.

Hold 30 seconds. Repeat 2 times. Do both legs. Do twice daily.



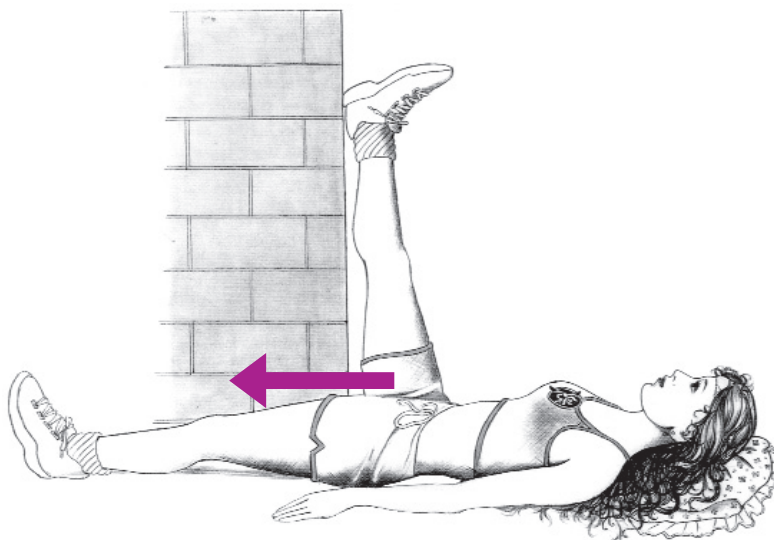
□ 6. Hamstring Stretch

(tightness restricts anterior pelvic tilt and ability to maintain neutral spine while bending forward in standing and sitting)

□ Option 1: Lie on your back near a wall or doorway. Keeping your left leg and knee straight (or slightly bent if more comfortable for your back), place your right leg against the wall or door jamb with the foot as high as possible. Keep the right knee straight, flex your ankles, and slide your buttocks towards the wall until you feel a stretch in the back of your right thigh.

Your goal is to gradually stretch the hamstrings until you are able to put the entire leg flat against the wall or door jamb.

Hold for 30 seconds. Repeat for two total minutes on each leg. Move your buttocks closer to the wall as the muscles relax. Hold for another 30 seconds. Do twice daily.



□ Option 2: Lie on your back. Use a belt, rope or towel around foot and pull straight leg up. If you have low back pain bend the opposite knee.

Hold 30 seconds. Repeat 2 times. Do both legs.

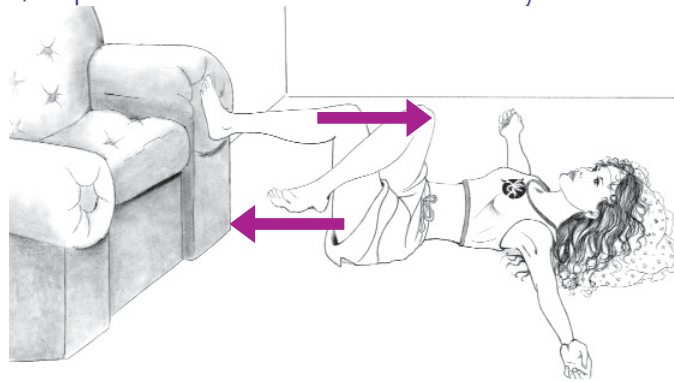


□ 7. Piriformis Stretch

(affects pelvic motion and coordination for performing forward-oriented tasks)

□ Option 1: Lie on your back. Cross your right ankle over the left knee. Have the right knee perpendicular to the left leg (like a figure "4"). Place your left foot on a wall, sofa, or other stable surface. Slowly scoot your body toward your left foot, pulling left knee toward chest until you feel a stretch in the outer right thigh and buttocks.

Hold for 30 seconds, and then scoot your buttocks in further toward the left foot. Continue to hold the stretch for two full minutes, Repeat on other side. Do twice daily.



□ Option 2: Lie on your back with both knees bent. Place left foot on right knee. Bring right knee to chest pulling with your right hand. Push left knee away with left hand.

Hold 30 seconds. Repeat 2 times.



Lie on your back with both knees bent. Place right foot on left knee. Bring left knee to chest pulling with your left hand. Push right knee away with right hand.

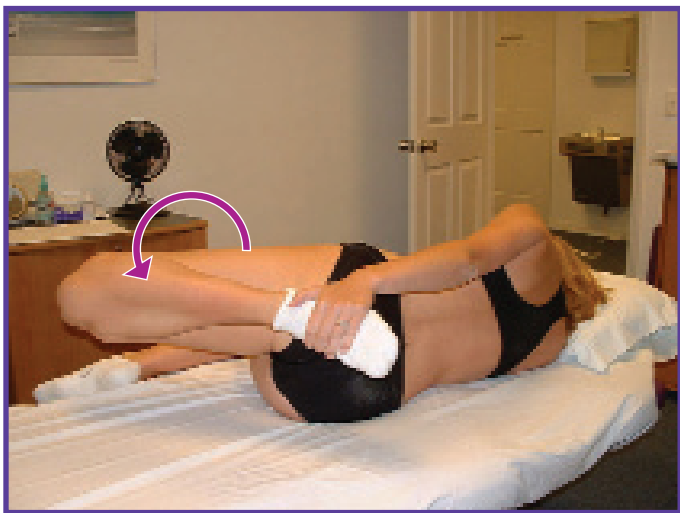
Hold 30 seconds. Repeat 2 times.

□ 8. Quadriceps (Rectus Femoris) Stretch

(tightness restricts ability of pelvis to tilt posteriorly on head of femur, limiting ability to assume neutral lumbar spine in standing; decreases hip extension during gait, resulting in compensatory backward bending in lumbar spine)

Lie on your left side and bring your left knee toward your chest (you may 'hug' it with your left hand). Bend your right knee and grasp your right ankle or foot with your right hand. Slowly pull the right heel/foot back towards your buttocks until you feel a stretch in the front of your right thigh. Make sure you don't arch your back, and keep your right thigh in line with your body. Don't let it come up towards the ceiling. Head should be in neutral, supported on a pillow. You should feel a stretch on the front of your right thigh.

Hold for 30 seconds. Repeat 2 times each side. Do twice daily.



Quadriceps stretch, posterior view



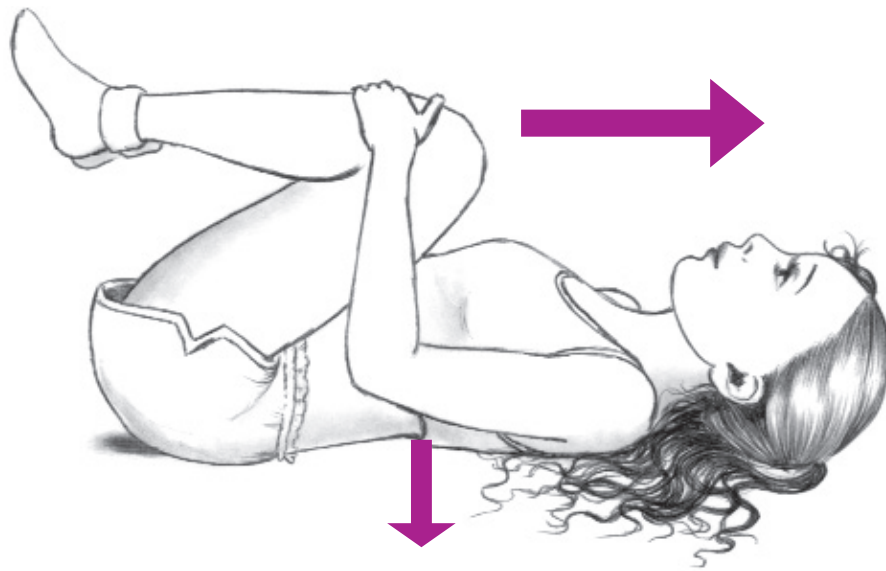
Quadriceps stretch, anterior view

□ 9. Single and Double Knee to Chest Stretch

□ Option 1: Double Knee to Chest
Stretching thoracolumbar muscles and fascia

(tightness will restrict most spinal motions)

Lie on your back. Pull your knees to your chest (one at a time) and hug them toward your chest until you feel a stretch in your lower back. Keep your head, neck and shoulders relaxed, and your lower back flat on the floor.



□ Option 2: Single Knee to Chest

You may also stretch one leg at a time, keeping the other leg straight.

Hold for 30 seconds. Repeat 2 times each side. Do twice daily.

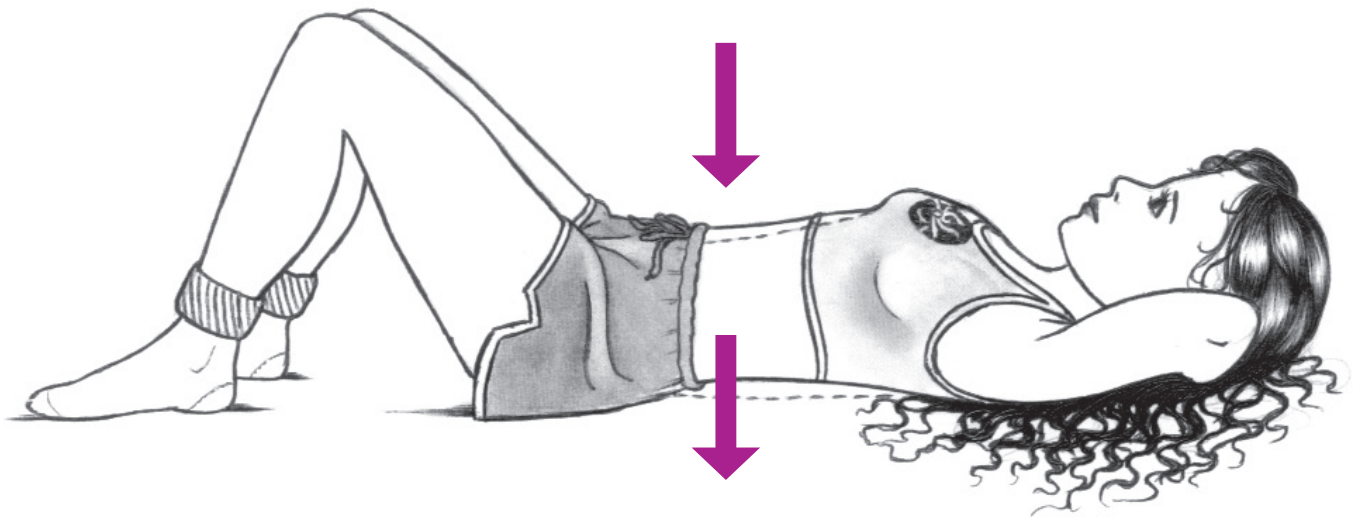


□ 10. Pelvic Tilt

Lie on your back with knees bent, feet flat. Place your hands behind your head. Pull your abdomen up and in, as if to tuck it under your ribs, pulling your navel back towards your spine, so the small of your back is flat. (Use the abdominal muscles to do this movement, -don't push with your feet.)

Pull the lower abdominal muscle (transversus) in tight as if you were going to zip up a very tight pair of pants.

Hold for 5 seconds. Repeat 10 times



□ 11. Bracing Single Arm Raise (Upper Body Strengthening)

Lie on your back with knees bent, feet flat on the floor. Contract your abdominal muscles (do a pelvic tilt, pull transversus muscle in tight and hold it). Hold your abdominal contraction as you first raise one arm, and then the other. Alternate arm movements, keeping your movement steady as you stabilize with your trunk and abdominals and do not let the pelvis shift or move.

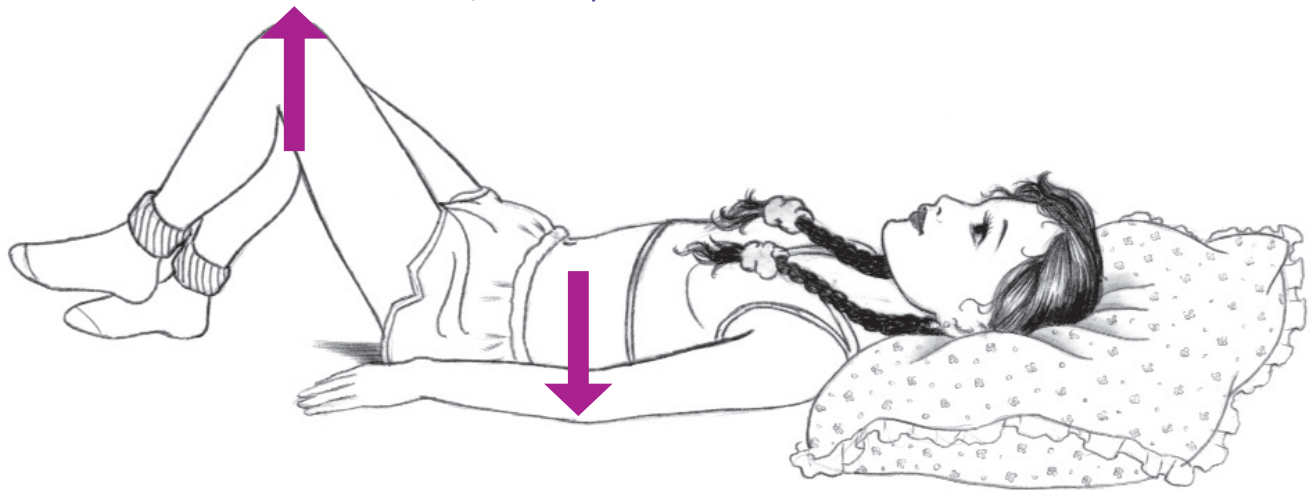
Perform this 10 times on each side. Repeat 3 times a week or once daily.



□ 12. Bracing Lower Body Strengthening Single Leg Raise

Lie on your back with your knees bent and feet flat. Contract your abdominal muscles (do a pelvic tilt and pull the transversus muscle in tight). Holding your abdominal contraction, keep your hips on the floor and do not let the pelvis move or shift as you raise one leg so the foot is one or two inches off the floor. Lower the foot back down to floor, and repeat on the other side. Don't let your pelvis move as you alternate legs. (Maintain the pelvic tilt with lower back flat on the floor). You can do this with your knees more extended and your feet further from your buttocks to increase the level of difficulty.

Perform this 10 times on each side. Repeat daily.



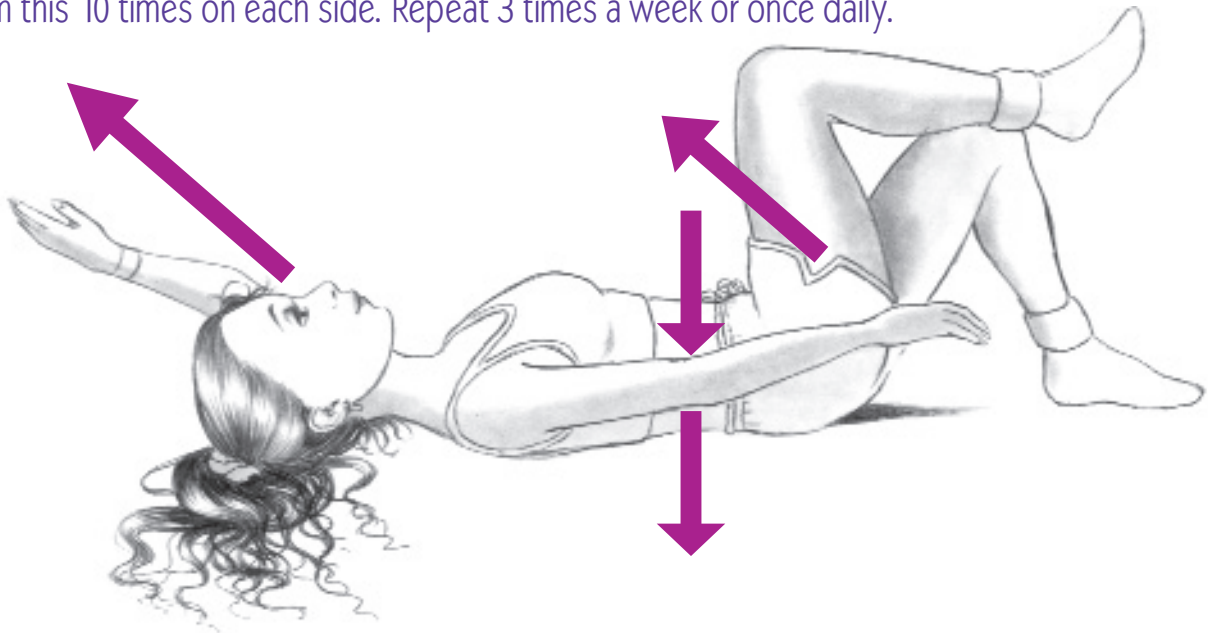
Progress this exercise by lifting one leg to a 90°/90° position. Stabilize and without pelvis moving, lift the other leg to a 90°/90° position.



□ 13. Bracing (Combined Upper and Lower Body Strengthening)

Contract your abdominal muscles (do a pelvic tilt and hold it). Combine the previous two movements, raising one arm with the opposite leg ('dead bug').

Perform this 10 times on each side. Repeat 3 times a week or once daily.

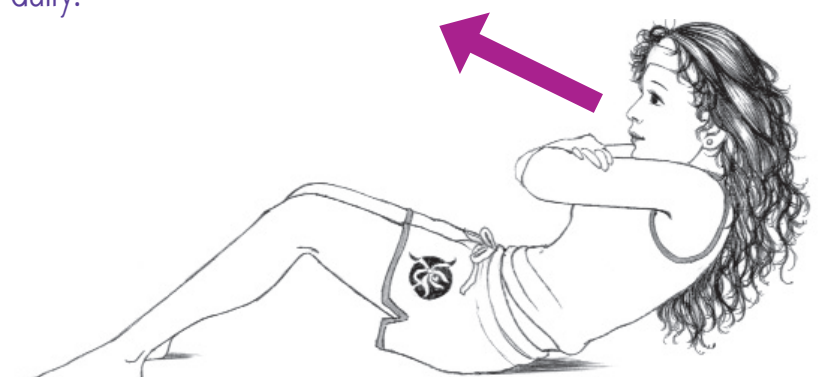
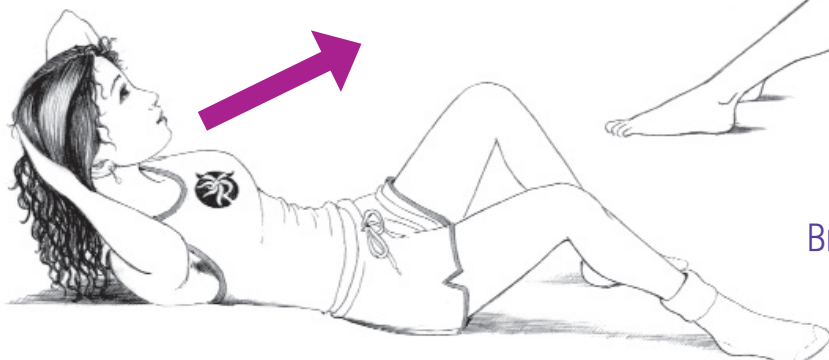


□ 14. Upper Abdominal Strengthening ("Crunch")

Lie on your back with knees bent, feet flat, hands over your chest (easier), or resting your fingertips gently on the back of your head (harder). Do a pelvic tilt and hold this throughout the exercise. Keeping elbows out to the sides, lift your head and shoulder blades off the floor.

Hold for 2 or 3 seconds, lower slowly. Repeat 10-15 times. Work up to 3 sets of 15 repetitions. Perform daily.

This one is easier, start here...

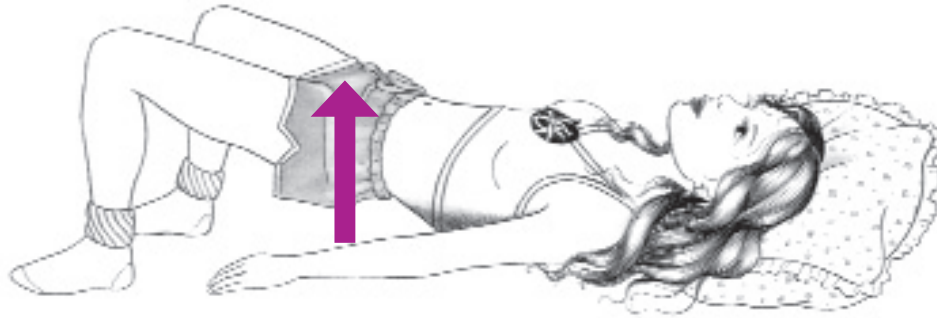


Bring your elbows back to increase difficulty

□ 15. Bridging

Lie on your back with knees bent, and feet shoulder width apart. Do a pelvic tilt, tighten your transversus muscle, squeeze your buttocks, push with the heels and lift your buttocks up as high as you can. DO NOT GO INTO PAIN (back patients).

Hold for 10 seconds. Repeat 10-15 times. Do daily.



□ 16. Prone Single Arm Lift

(only 'arm' part of "Prone arm & leg lifts") Lie face down, with a pillow under your hips. Do a pelvic tilt and squeeze your abdominal muscles and buttocks to stabilize your spine. Slowly raise one arm, hold for three seconds, then lower it.

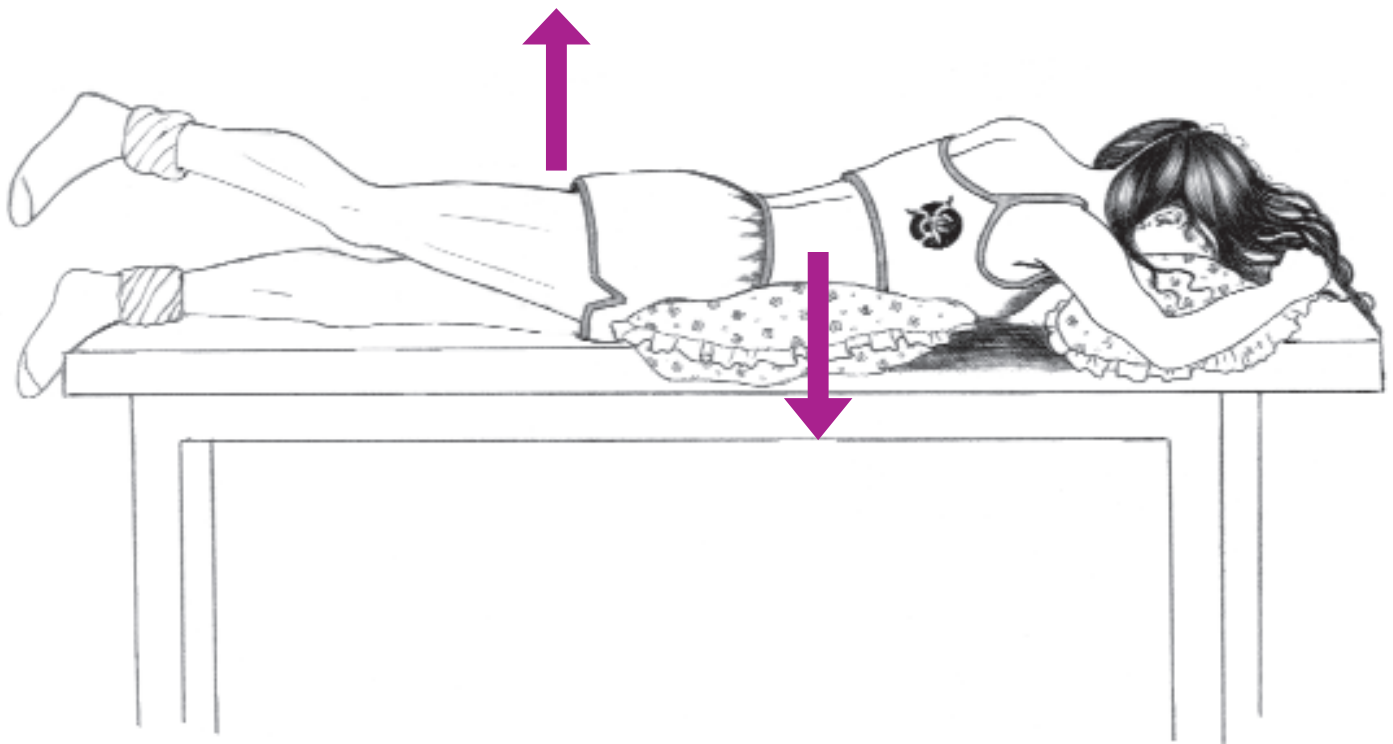
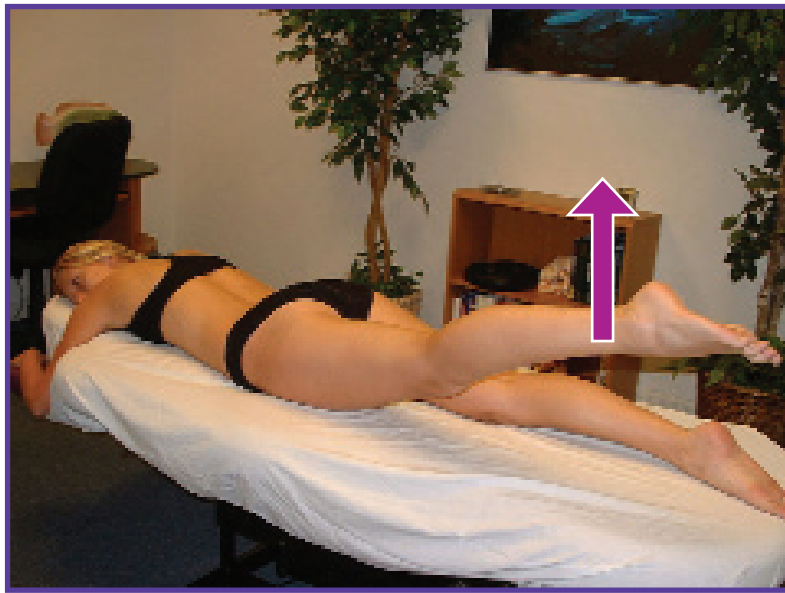
Do 15 repetitions on each side. Perform twice daily.



□ 17. Prone Single Leg Lift

Lie face down, with a pillow under your hips and one under your forehead. Do a pelvic tilt and squeeze your abdominal muscles and buttocks to stabilize your spine. Raise your right leg, tightening your right buttocks even more as you lift. Raise the leg only as high as is comfortable. Hold for three seconds, then lower that leg and repeat with the left leg.

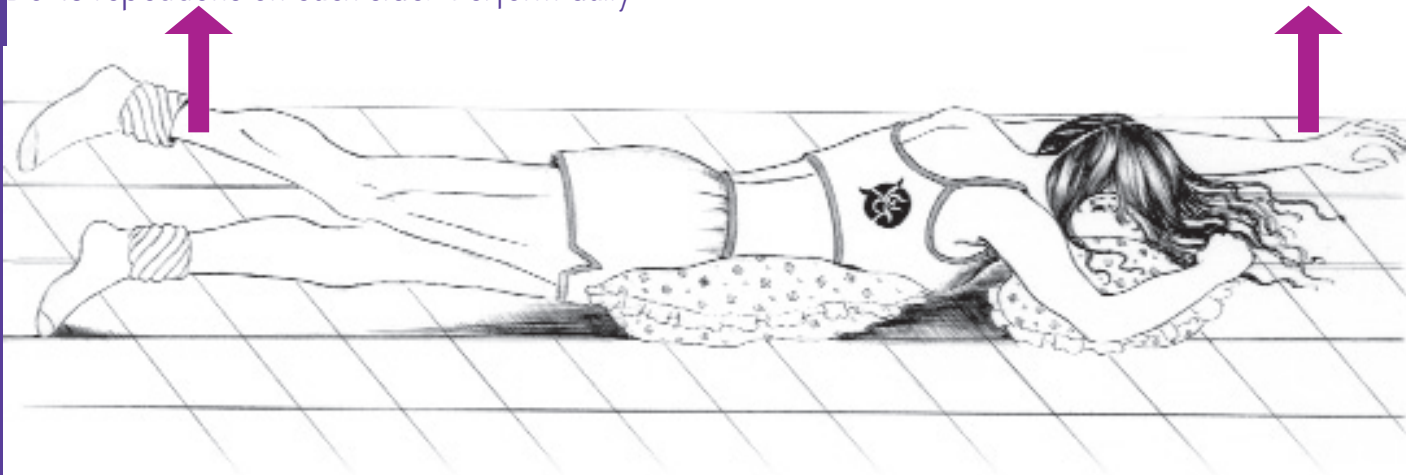
Repeat 15 times. Perform daily.



□ 18. Prone Arm and Leg Lifts

Lie face down, with a pillow under your hips and one under your forehead. Do pelvic tilt and squeeze buttocks to stabilize your spine. Raise one leg, tightening buttocks as you lift. Raise the leg only as high as is comfortable. Simultaneously, raise the opposite arm. Hold for three seconds, then lower both the arm and leg. Repeat with the opposite arm and leg.

Do 15 repetitions on each side. Perform daily

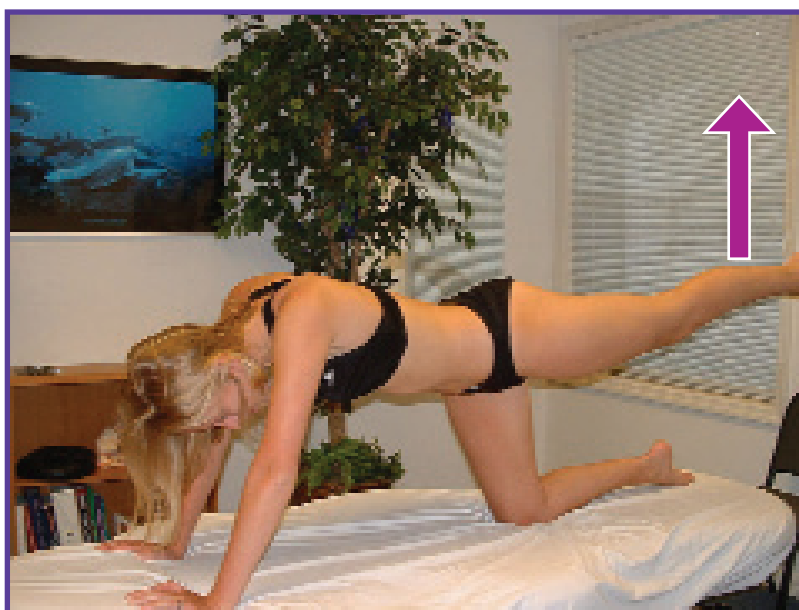


□ 19. Quadruped Single Leg Lift

While on your hands and knees, tighten your abdominal muscles/ transversus and pull your umbilicus (belly button) up toward the ceiling without moving your back. Raise one leg up behind you with the knee slightly flexed, without allowing any movement in your back. Imagine a cup of hot tea balancing on the small of your back. Hold for 2-5 seconds, and then lower the leg.

Repeat 10-15 times on each side.

You can gradually progress to doing 3 sets of 15 repetitions 3 times per week.



□ 20. Quadruped Single Arm Lift

While on your hands and knees, tighten your abdominal muscles/ transversus and pull your umbilicus up toward the ceiling without moving your back. Raise one arm up in front of you so it is parallel to the floor. Do not arch your back or neck and do not allow any movement in your back. Imagine a cup of hot tea balancing on the small of your back. Hold for 2-5 seconds, and then lower the leg.

Repeat 10-15 times on each side.

You can gradually progress to doing 3 sets of 15 repetitions 3 times per week.

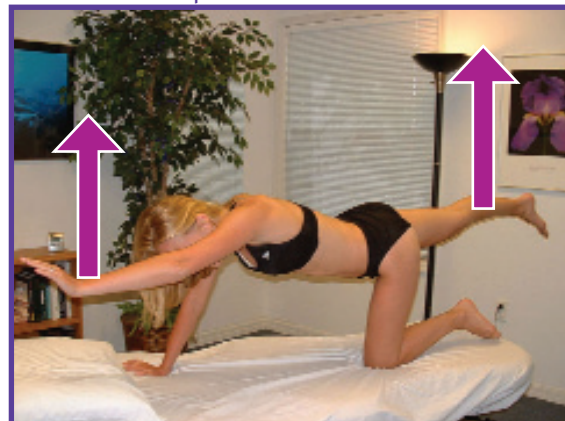


□ 21. Quadruped Arm and Leg Lift

When you are able to perform the Single Arm and Single Leg Lifts without any movement in your back you can progress to this exercise and you no longer have to perform the Single Lifts. While on your hands and knees, tighten your abdominal muscles/ transversus and pull your umbilicus up toward the ceiling without moving your back. Simultaneously raise one arm up in front of you so it is parallel to the floor and raise the opposite leg behind you. Do not arch your back or neck and do not allow any movement in your back. Imagine a cup of hot tea balancing on the small of your back. Hold for 2-5 seconds, and then lower the leg.

Repeat 10-15 times on each side.

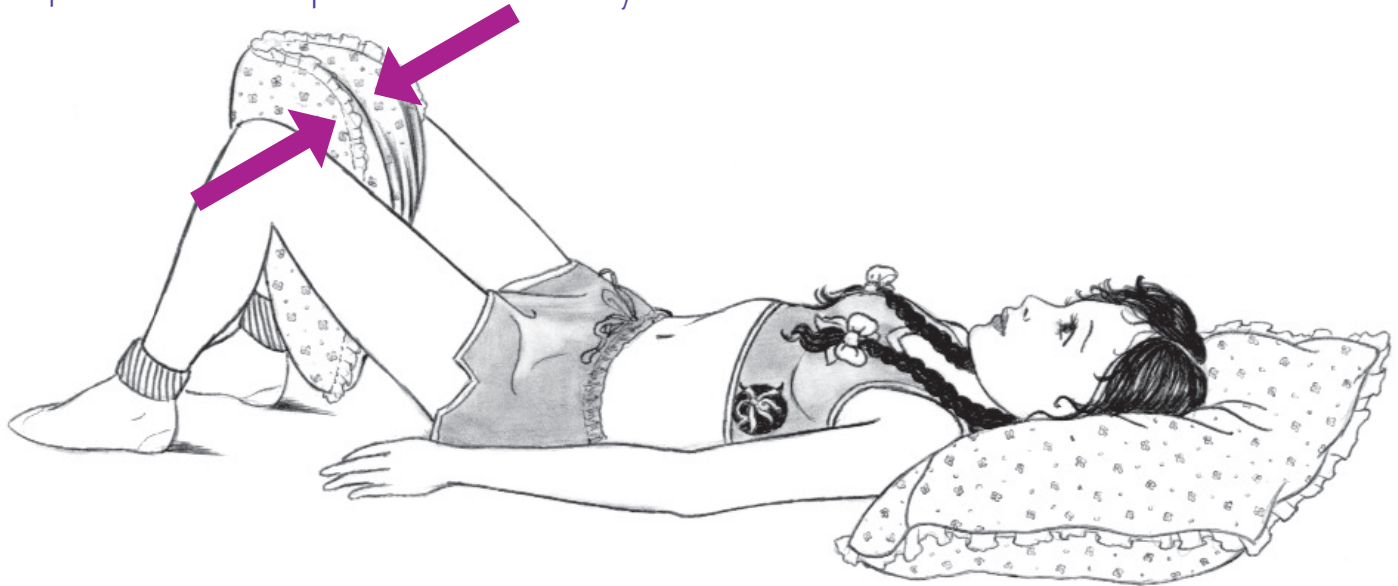
You can gradually progress to doing 3 sets of 15 repetitions 3 times per week.



□ 22. Adductor Strengthening

Lie on your back with your knees bent and your feet shoulder width apart. Place a pillow between your knees, and squeeze your knees together.

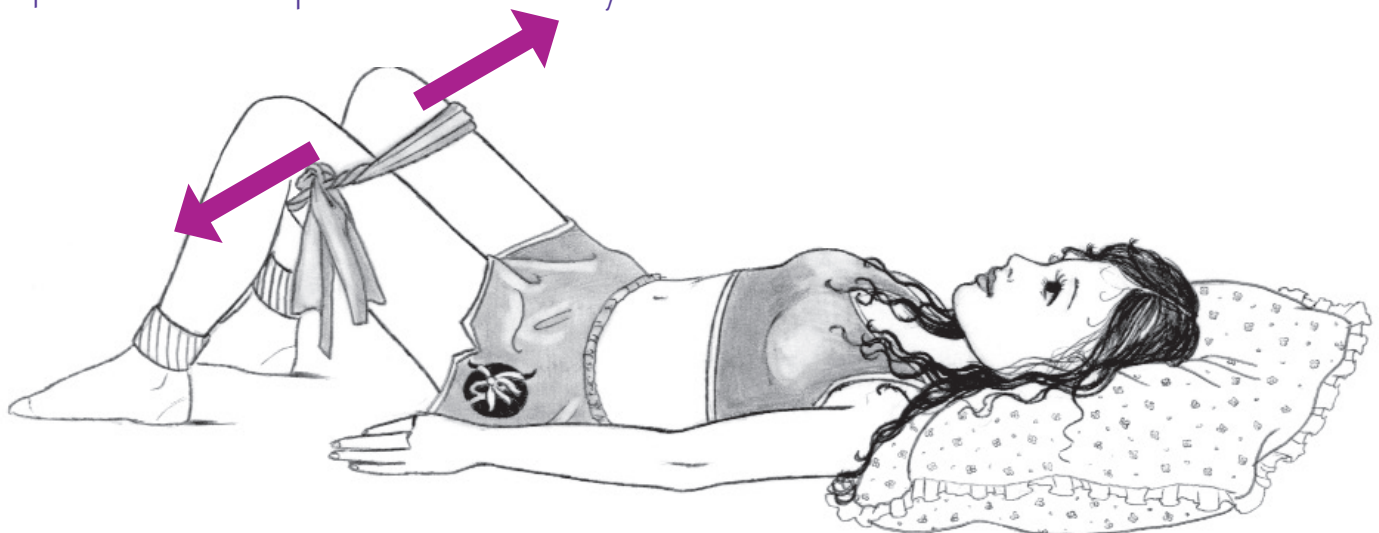
Hold for 10 seconds. Repeat 10 times. Do daily.



□ 23. Abductor Strengthening

Lie on your back with knees bent and feet shoulder width apart. Use a belt or knotted elastic band to make a circle. Put it around your thighs, just above your knees. Spread your knees apart until the band is taut.

Hold for 10 seconds. Repeat 10 times. Do daily.



□ 24. Anterior Trunk Stretch

Lie on your back with one or two thick pillows under the middle of your back. Stretch your arms over your head and stretch legs in the opposite direction. You will feel a stretch in your back, ribcage, chest, and down into your abdomen.

Hold this position for 5 minutes. Do twice daily.

□ 25. Abdominal Release

Lie on your stomach with a tennis or softball directly under any areas of restrictions between the ribs and pelvis. Move the ball one inch at a time to soften each restricted area of the abdomen. Allow the tissues to soften around the ball. Be sure to breathe and relax. You may press up on your elbows to increase the pressure.

Hold each position for 1 ½ to 3 minutes. Do twice daily.



Clear Passage

PHYSICAL THERAPY

Hands on Care with Proven Results

National Headquarters:
4421 NW 39th Avenue
Gainesville, FL 32606
ph. 352.336.1433 fx. 352.336.9980
www.clearpassage.com