



BEFORE AND AFTER BACK SURGERY EXERCISES TO BUILD STRENGTH AND ENDURANCE

This workout is designed to increased range of motion and strength of the hips and lower back. It's important to make sure you don't cause yourself pain but we need to push your hip strength and mobility to help support your lower back. It's okay to stretch throughout if you are feeling back discomfort. It's best to do this 3 days a week.

LUMBAR TRACTION OR DECOMPRESSION

Belly on the ball and relax your lower back. Make sure to focus on finding the sweet spot between relief and a strong pull in your lower back. It should feel good.



DOSAGE:
1-2 Minutes
1-2 times a day

TIP:
Don't be afraid to do this before you workout, when you wake up or even during the day.

STANDING HIP FLEXOR STRETCH WITH POLE

Stand tall and rely on the pole as much as you need. Stand next to the pole and then take a large step backwards with one foot. Then shift your weight forward and feel the stretch in the front of the back leg.



DOSAGE:
2 repetitions for
a 10 second hold
on each side

TIP:
The taller your body the more you will feel it. Avoid causing your self any lower back pain. Tighten your abs to force your hip to loosen up!

LUNGE PULSES WITH POLE

Stand tall and hold the pole in one hand. From there take a large step backwards with one foot. Make sure it's a large step. Once in a lunge position bend both knees and dip towards the ground. You will feel your legs working.



DOSAGE:

12 repetitions on
each side twice

TIP:

The longer the step the better and don't feel that you have to go all the way down. It's about length not depth.

SQUAT ON INCLINE BOARD

Stand on the incline board with heels elevated. Then think about squatting down and staying tall and looking forward. Go as far down as you feel comfortable.



DOSAGE:

2 sets of 15
repetitions

TIP:

As you get stronger you will be able to go lower. Focus on form if at any time you have pain don't go down as far. You can stay close to your kitchen counter if you are worried about balance.

LATERAL LUNGE WITH POLE

Stand tall and with the pole in front of you. You can also hold onto a kitchen counter if you don't have a pole. Take a large step to the side and then bend that knee. Focus on keeping one leg completely straight and bending the other one.



DOSAGE:

2 sets of 20
repetitions
total

TIP:

The longer the step the better and don't worry about trying to go really low. Make sure you feel balanced and feel your legs working.



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