

# Atlas Chiropractic & Wellness Center

## Lumbar Post-Surgery Rehab & Corrective Care Program

### Phase 1: Core Stability and Controlled Movement (Weeks 1-4)

- 1. Pelvic Tilt with Deep Breathing:** Lie on your back, knees bent, and gently tilt your pelvis to press your lower back into the floor. Focus on deep diaphragmatic breathing. **Reps:** 2-3 sets of 10-15 reps.
- 2. Supine Marching:** Lie on your back, keep the core engaged, and slowly lift one leg at a time to a 90-degree angle, alternating legs. **Reps:** 2-3 sets of 10 reps per side.
- 3. Cat-Cow Stretch:** On all fours, slowly alternate between arching and rounding the back to improve spine mobility. **Reps:** 2-3 sets of 10 reps.
- 4. Bird Dog (Quadruped Arm and Leg Raises):** On all fours, extend one arm and the opposite leg, keeping the spine neutral. Hold for a second and return to start. **Reps:** 2-3 sets of 10 reps per side.
- 5. Side Plank (Modified):** Lie on your side with your knees bent, lift hips, and hold a modified side plank. **Hold:** Start with 10-15 seconds, aiming to progress to 30 seconds. **Sets:** 2-3 reps per side.

### Phase 2: Progressive Strengthening (Weeks 5-8)

- 1. Bridge Progression:** Start with both feet on the floor and lift hips up, squeezing glutes at the top. Progress to single-leg bridges. **Reps:** 2-3 sets of 12-15 reps.
- 2. Dead Bug Progression:** Lying on your back, arms up, alternate extending one arm and the opposite leg while keeping your core engaged. **Reps:** 2-3 sets of 10 reps per side.
- 3. Prone Extension:** Lie face down, lift head, chest, and arms off the ground slightly, keeping neck neutral. **Reps:** 2-3 sets of 10-12 reps.
- 4. Standing Mini Squats:** Stand with feet hip-width apart, perform mini squats to about 30-45 degrees of knee flexion. **Reps:** 2-3 sets of 10-15 reps.
- 5. Side Plank (Full):** Perform side plank from feet, keeping hips lifted and core engaged. **Hold:** 15-30 seconds. **Sets:** 2-3 reps per side.

### **Phase 3: Functional Movement and Advanced Strength (Weeks 9-12)**

- 1. Lunge Variations:** Perform bodyweight lunges, progressing from stationary to walking lunges if tolerated. **Reps:** 2-3 sets of 10 reps per side.
- 2. Resistance Band Pallof Press:** Attach a resistance band to a fixed object, press out in front of the body, resisting rotation. **Reps:** 2-3 sets of 10-12 reps each side.
- 3. Stability Ball Rollouts:** Kneel with hands on a stability ball, roll forward slightly, and return, engaging core throughout. **Reps:** 2-3 sets of 10 reps.
- 4. Single-Leg Romanian Deadlift (RDL):** Stand on one leg, hinge at the hip, lowering down with a flat back. **Reps:** 2-3 sets of 8-10 reps per leg.
- 5. Plank Variations (Front and Side):** Hold front and side planks, progressing to 45 seconds or adding leg lifts. **Hold:** 30-45 seconds. **Sets:** 2-3 reps.

### **Phase 4: Functional Return to Activity (Weeks 12 and Beyond)**

Focus on introducing more dynamic, functional activities that mimic daily activities or sport-specific movements. This can include:

- Dynamic Lunges and Squats**
- Single-Leg Balance Exercises**
- Light Plyometric Drills (e.g., gentle hops)**
- Core Stabilization Drills with Rotation**

#### **\*\*\*\*\*Key Reminders\*\*\*\*\***

**Pain-Free Range:** Only perform exercises within a pain-free range.

**Progress Gradually:** Increase resistance/complexity only when each exercise is tolerated.

**Daily Stretching:** Incorporate gentle stretching for the lower back, hip flexors, hamstrings, and glutes to maintain flexibility.

Regular monitoring and adaptations based on tolerance are essential, and ideally, coordination with a physical therapist would ensure ongoing assessment and guidance.