

Lumbar Spine Rehabilitation Post-Reparative Medicine Treatment

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- First 3 Days Post Treatment
 - **Take it easy for two to three days**; depending on the specific treatment as well as the type and severity of the injury.
 - **Walking for at least 20 minutes a day is important if you can manage it .**
 - **Do not lift anything over 10 pounds for the first 3 days.**
 - For sleeping, it may for more comfortable to place a pillow under your knees, but this is not required.

- For the next 2 weeks
 - Walk for 30 minutes a day if tolerated.
 - Core Stabilizers:
 - Heel Squeezes: Lie on stomach with heels together and knees apart, rotate feet out. Gently squeeze heels together and hold for 5 seconds for 20 repetitions.
 - Abdominal Bracing (TA): Lie on back with knees bent, gently pull belly button towards floor. Hold for 10 seconds for 10 repetitions. Do not hold breath. Progress to sitting and standing activities.
 - Ball/ Pillow squeezes: Lie on back with knees bent (feet flat on floor). Use a ball or pillow to squeeze between knees. Hold for 5 seconds for 20 repetitions, 4 times per day.
 - Bridging (lifting bottom): Lie on back with knees bent (feet flat on floor), lift your bottom (buttocks) by pushing down through legs, hold for 2-3 seconds for 20 repetitions, 4 times per day.
 - Range of motion
 - Lower Trunk Rotation: Lie on back with knees bent, feet and knees together. Gently drop knees from side to side, avoid pain. Repeat for 20 repetitions.
 - Prone props: Lie on stomach, prop up on elbows keeping back relaxed, hold for 10 seconds for 10 repetitions.

- Two weeks from treatment
 - If you feel up to it add: easy spinning (low resistance) on an exercise bike, either recumbent or sitting upright. Make sure the seat height is correctly set, with the knee with only a slight bend at the bottom of the peddle stroke. Start at 20 minutes every other day and work up to 30 minutes per day. Gradually increase the resistance over 3 weeks. Do not stand and peddle.

- Guidance for Physical Therapy (PT)
 - Start Lumbar Spine PT at two to three weeks. The initial goals will be to restore posture, slowly restore full range of motion to the low back, strengthen core and address dysfunctional movement patterns. Your

therapist will prescribe and guide you through strengthening exercise for low back, hips and core stability. Some brief (10 minutes or less) period of heat or ice therapy will not hurt the regenerative treatment. Avoid modalities such as any form of laser, electrical stimulation, ultrasound or iontophoresis. Dry needling is fine if needed.

- Avoid chiropractic manipulation within 6 weeks of treatment. Avoid purposely “cracking you back” for withing 6 weeks of treatment. During this time, avoid aggravating activities. Exercise is vital to good health and finding a way to cross train around your injury is important not only for your physical health, but for your mental health as well. Ask me about cross training options for your injury.