



## Spinal Rehabilitation Stage 2: Stability Exercises

### Important Notes

- Spinal flexibility is unrelated to injury; strength is unrelated to injury
- **Endurance** is related to **stability** which **reduces injury**
- The body is weaker in the morning so avoid exercises in the first hour or two after getting up
- Endurance stability exercises are best done daily
- If any exercise is painful, adapt so that it is not painful or stop
- Brisk walking daily for at least 20 minutes will enhance results.
- After 8 seconds, the blood supply to a contracting muscle is impaired, therefore only hold a position for up to 8 seconds (unless told otherwise!)

### Side Bridge

- Side bridge trains the quadratus lumborum, lateral obliques and transverse abdominis
- Abdominal bracing is performed by tensing the muscles of the abdomen without either puffing them out or sucking them in (ask for more help if you are unsure).

### Remedial

1. Stand side ways about arm's length from a wall
2. Bend your elbow so that you are leaning towards the wall resting on the whole length of your forearm and gently brace your abdomen.
3. Keep your whole body, hips and legs in one nice diagonal line.
4. Slowly move smoothly round, pivoting on your toes, so that you are facing the wall with both forearms resting on the wall.
5. Continue round until you are facing the opposite direction from which you started with you other forearm resting on the wall.
6. Repeat slowly 5 to 20 times.

### Beginners

1. Lie on your side, supported by your elbow and forearm and your hip.
2. Keep your knees bent to 90°
3. Place your free hand on the supporting shoulder and pull down gently to help stabilise the shoulder.
4. Lift your body until your weight is supported by your forearm, knees and calf.
5. Gently brace your abdomen.
6. Aim for a nice straight diagonal line from knee to shoulder
7. Hold for 1 to 8 seconds. Repeat 5 to 20 times. Repeat on other side.
8. Once this is easy, stop stabilising the shoulder and let your free arm lie along the top of your body to increase the load.

### Intermediate

- As for the beginners pose, but have your legs straight so that the weight is supported by your forearm and feet.
- Again start off by stabilising the supporting shoulder with your other hand.
- Vary the position of the upper leg/foot to roll your torso slightly forward or backward to challenge the front and back portions of the abdominal wall.

### Advanced

- Perform the smooth roll of the remedial exercise on the floor.
- Ensure the abdominal bracing is sufficient to maintain rigidity throughout the full roll.