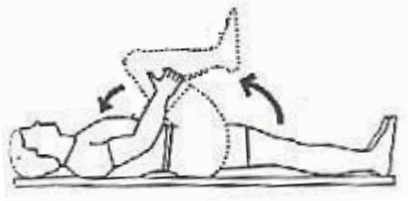


POST-OP EXERCISES FOR WEEKS 5-14:

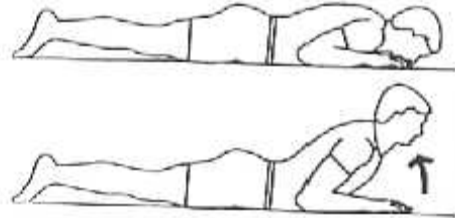
Stretches – twice a day

1. single knee to chest



Pull one knee towards your chest until a comfortable stretch is felt in the low back and buttocks. Repeat opposite knee. HOLD 20 sec if you can. 3 times on each side.

2. Prone lying resting on forearms



Gently rise up onto your forearms. Breath out to relax the back, letting Your forearms support you. HOLD 20 sec if you can. Repeat x 3

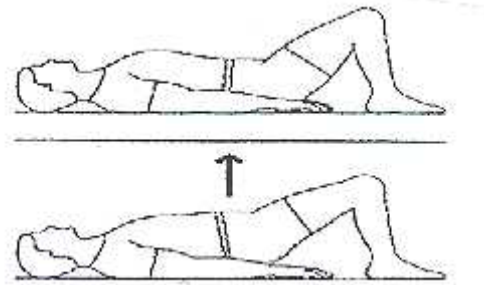
Strength - twice a day

1. Core stability exercise



Continue the core stability exercises as you already have been doing. You can add a small lift of the leg towards your chest, but don't let the knee move past your hip. You must maintain a good contraction while the legs are moving. Rest when you need to. 5 minutes

2. Bridging



Brace your trunk by flattening your back and tightening your stomach muscles. Now squeeze your buttock muscles and lift your bottom up. Keep your stomach drawn in and your arms relaxed. HOLD 3 seconds. Aim for 2 sets of

3. Prone extensions

a) Single arm lifts

Lie as shown with a rolled towel under your forehead. Tighten buttocks and lift one arm up. HOLD 3 sec. Repeat with other arm. 3 x 10 repetitions.



b) Arm and leg lifts

After week 12, lift up opposite arm and opposite leg together. HOLD 3 sec. Repeat other side. 3 x 10 repetitions.



Endurance

- Aim to be **walking 40-60 minutes per day or every second day**
- Optional: **swimming for 30 minutes 2-3 times weekly**
Note: exercising in the water may seem quite easy at the time. **REMEMBER** that you are actually working your spine more than you think! You may feel some stiffness and soreness the next day when you first begin, so be careful to increase the intensity of this activity slowly.
Begin by walking in the water – forwards, backwards, sideways. Gradually introduce kicking using a kickboard, swimming freestyle and/or backstroke, as you feel comfortable. Avoid breaststroke and butterfly.