



Home Exercise Plan Hip Mobilization

PAINFREE
FITNESS



Clinician Notes

*Do not engage in these exercises until your back pain calms down. The one exception is the Nerve Floss Exercise. This exercise can be used in an effort to reduce radiating pain in the leg.

These Exercises should NEVER increase pain. If they do please ensure good alignment at the spine. If this does not help discontinue the exercise.

With the Bridge, Clam and Standing Hip Flexor stretch we want to work on engaging the gluteal muscles. They provide a great deal of support to the back with daily activities like squatting and walking. Try to feel the gluteals engaging with standing, walking and squatting to ensure these muscles are being used to support your spine.

Seated Slump Nerve Glide



Nerve Flossing

Recall that stretching the hamstrings often irritates a very sensitive Sciatic nerve. To help calm the nerve down and relieve some tension in the hamstrings we perform nerve flossing instead.

When flossing your teeth, the goal is clearly to remove any gunk between your teeth. With Nerve Flossing we try to clear up the gunk that is pressing on the nerve. In this case that would be disc material.

As you do this picture one long nerve that runs from the back of your head, all the way down to the bottom of your foot. You are NEVER putting tension on the nerve, you are gently flossing the nerve by putting tension on one end as you take tension off the other end. This exercise should not produce pain and in most cases should not even produce a stretch sensation.

Instructions

It is critical that you maintain neutral lower back posture throughout the exercise. Sit on a surface that allows you to swing your feet freely underneath you.

1. Start in a seated position with a neutral back posture.

Tip: You can place your hands behind you to help support yourself.

2. You will begin by looking up while at the same time straightening the knee and flexing the foot and toes toward the sky.

3. Next you will look down by just moving at the neck while at the same time bending your knee bringing your foot underneath you.

Prescription:

Reps: 8 to 10 reps

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Time: perform each rep in a slow controlled manner.

Frequency: if this does not increase pain perform every couple of hours.

Thomas Stretch on Table



Thomas Stretch

Instructions

1. Start out lying on your back.
2. Flex one of your hips and hold on to it with your hands, ensuring that you maintain neutral alignment at the lower back.
3. Let the other leg hang off the bed with the knee bent.
4. Breathe quietly in this position feeling as if the muscles in the thigh relax.

Tip: If necessary, bend your knee on the down leg for more of a stretch sensation.

Prescription: Hold this position for 2 minutes on each leg, taking periodic breaks as needed.

Supine Bridge



Bridge

Instructions

1. Start out lying on your back with your knees bent around 90 degrees.

2. Work on contracting (or stiffening) your gluteal muscles by pretending that you are holding a pair of playing cards between the folds in your butt cheeks.

Tip: Make sure you perform this contraction without a change in posture at your spine. You also want to feel like the gluteal muscles are contracting with very little activity in the hamstrings.

3. Raise your pelvis off the ground as you contract your gluteal muscles feeling like your back and pelvis are in a straight line.

Tip: To get a stronger gluteal contraction with less hamstring activity try raising your toes off of the ground OR press your toes into a wall while raising your pelvis off of the ground.

Tip: Try to assess if one glute is contracting better than the other and work on improving the deficient side by making a more conscious effort to contract the deficient side.

Prescription

Each Rep= 10 seconds (you will perform a 10 second hold)

Set 1: 5 reps, 20 second rest

Set 2: 3 reps, 20 second rest

Set 3: 1 reps, Done.

As long as you are not having pain and the prescription above is not too difficult add 1 rep to each level the next day. You can also remove reps from each set as needed based on stamina and/or pain.

Clamshell



Clamshell

Instructions

1. Start out lying on your side with your knees bent around 90 degrees and your hips slightly flexed.
2. Wrap your hand around your pelvis and feel the gluteal muscles.
3. Open the knees feeling the gluteal muscle contract. If you do not feel a contraction in these muscles try to consciously tense them with each repetition.

Tip: Ensure that you do not rock the pelvis backward. Motion should only occur from the hip joint.

Prescription

Each Rep= 10 seconds (you will perform a 10 second hold)

Set 1: 5 reps, 20 second rest

Set 2: 3 reps, 20 second rest

Set 3: 1 reps, Done.

As long as you are not having pain and the prescription above is not too difficult add 1 rep to each level the next day. You can also remove reps from each set as needed based on stamina and/or pain.

Standing Hip Flexor Stretch



Walking Lunge

To perform this exercise properly make sure you maintain your balance. Maintaining good alignment at the spine is your main concern.

Instructions

1. Take a step forward into your lunge position. Keep your back knee relatively straight.

Tip: For more of a stretch sensation press your arm overhead bend slightly away from the hip being stretched.

2. Take a step forward and perform the same motion on the opposite side.

Tip: When going into your lunge make sure your front knee stays between your heel and your toes. If you are feeling unsteady try resting your hand on an object.

Prescription:

Reps: 5 to 10 on each side

Time: 3 to 5 second holds