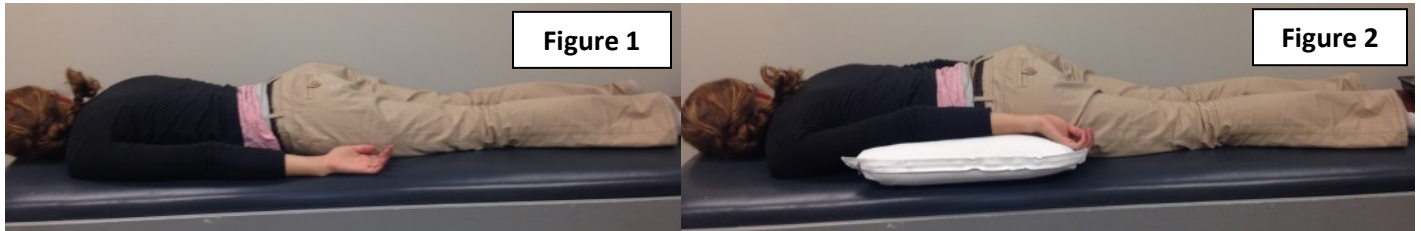


Progression of Extension Positions/Exercises to Alleviate Buttock/Leg Symptoms

(If buttock or legs symptoms increase at any stage, discontinue exercise & go back to previous stage)

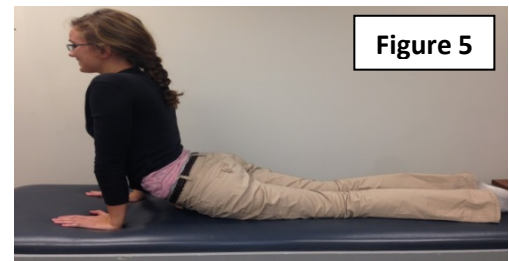
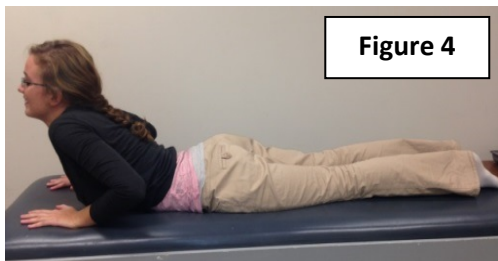
- 1) Start by lying on your stomach (Fig 1). If this is too painful, start with pillow(s) under your stomach (Fig 2). Gradually remove pillow(s) over time till you're flat on your stomach.



- 2) When you're able to lie flat on your stomach for 5 min. *with no increase in buttock/leg symptoms*, progress to Propping Up on Elbows (Fig. 3). Work up to 5 min. in this position then progress to #3 below.



- 3) When you can stay in #2 for 5 min. *with no symptom increase*, progress to Prone Press-up (Fig. 4). Start with 10 repetitions, starting halfway through your available back motion, progressing to full Press-up (Fig. 5) Work up to 3 sets of 10 & keep your back relaxed. Exhale at the top of each rep & let your belly sag toward the table.



- 4) When you can perform 3 sets of 10 of the Prone Press-ups *with no symptom increase*, begin Repeated Extension in Standing (Fig. 6 & 7) and work up to 3 sets of 10. Place your hands against your low back as you extend, making sure you bend at your low back & not just your neck (Fig. 8). You can perform this exercise anytime your back pain returns (e.g. after prolonged sitting), unless otherwise directed by your PT.

Figure 6

Figure 7

Figure 8

