LUMBAR TRACTION

LUMBAR TRACTION IS A VALUABLE ADDITION TO AN INDIVIDUAL'S REHABILITATION TREATMENT PLAN.

EXERCISE:
RUN IN THE WATER.

EXERCISE:
IT CAN REDUCE AN INDIVIDUAL'S BACK PAIN BY LENGTHENING THE SPINE AND TAKING PRESSURE OFF OF THE AFFECTED DISCS. HYDROTHERAPY PROVIDES A PERFECT ENVIRONMENT TO IMPLEMENT THIS PROTOCOL.

ACUTE LUMBAR DISC HERNIATION SAMPLE PROTOCOL

BY: PAUL SECONDI, MA, ATC

EXERCISE:
WALKING WITH RESISTANCE

EXERCISE:
WALL SLIDES/SQUATS

EXERCISE:
MEDICINE BALL CHOPS

EXERCISE:
SUPINE PLANKS

EXERCISE:
INCREASING CORE MUSCULAR ENDURANCE IS ALSO IMPORTANT ONCE STRENGTH GOALS HAVE BEEN MET.

Core activation is key for an individual who has a lumbar disc herniation. An active core will provide support for the vertebrae and take pressure off lumbar musculature.

Another very important movement that should be practiced is a squat or wall slide exercise. This is a common motion, i.e. sitting in a chair, standing up from a chair, so practicing this motion is important.

Rotational forces and lifting objects are activities of daily living that we usually take for granted but can be extremely difficult for someone to complete with this injury.

Once core position has been established and strength goals have been met, adding a rotational lifting exercise can help progress an individual to ADL's.

Core activation is key for an individual who has a lumbar disc herniation. An active core will provide support for the vertebrae and take pressure off lumbar musculature.

Another very important movement that should be practiced is a squat or wall slide exercise. This is a common motion, i.e. sitting in a chair, standing up from a chair, so practicing this motion is important.

Rotational forces and lifting objects are activities of daily living that we usually take for granted but can be extremely difficult for someone to complete with this injury.

Once core position has been established and strength goals have been met, adding a rotational lifting exercise can help progress an individual to ADL's.

EXERCISE:
START IN DEEP WATER, COMPLETELY NON-WEIGHT BEARING WITH A FLOTATION DEVICE UNDER THE ARMS. REST IN THAT POSITION AND LET YOUR BODY WEIGHT PROVIDE THE TRACTION TO INCREASE SPACE BETWEEN VERTEBRAE AND DECREASE PAIN.

EXERCISE:
A SIMPLE YET FUNCTIONAL WAY TO ACTIVATE ONE'S CORE IN THE POOL IS TO WALK FORWARD AND BACKWARD WHILE HOLDING A HYDROTONE IN EACH HAND. THE RESISTANCE FROM THE HYDROTONE DRAGGING IN THE WATER WILL FORCE YOU TO MAINTAIN PROPER PELVIC POSITION AND ACTIVATE THE CORE.

EXERCISE:
START TO PRACTICE PROPER CORE POSITION, GLUTE ACTIVATION, AND CORE STRENGTH, PERFORM A SQUAT IN THE WATER. PERFORMING THIS IN THE WATER IS BENEFICIAL BECAUSE IT DECREASES AN INDIVIDUAL'S BODY WEIGHT AND PROVIDES A SAFE ENVIRONMENT IN CASE OF FALLING. DOING THE SQUAT AGAINST A WALL, OR A WALL SLIDE, CAN HELP PROVIDE ADDED SUPPORT AND FEEDBACK FOR PELVIC POSITION.

EXERCISE:
STAND IN DEEP WATER. WHILE HOLDING A MEDICINE BALL AT ONE HIP, RAISE THE MEDICINE BALL TO THE OPPOSITE SHOULDER AND THEN BACK TO THE OPPOSITE HIP. AFTER MANY REPS, SWITCH SIDES. THE WATER WILL PROVIDE A CONSTANT RESISTANCE THROUGHOUT THE MOTION.

This exercise can help activate the stabilizing muscles in the core and teach them how to fire in the correct core position.

EXERCISE:
LUMBAR TRACTION IS A VALUABLE ADDITION TO AN INDIVIDUAL'S REHABILITATION TREATMENT PLAN.