
Education

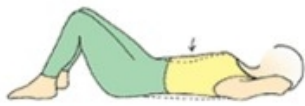
Spondylolysis and Spondylolisthesis Rehabilitation Exercises

It is important to have strong abdominal muscles when the structures of your spine are weakened. These exercises help build strong stomach muscles.

- Pelvic tilt: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Hold this position for 5 seconds, then relax. Do 3 sets of 10. As the pelvic tilt becomes easier, you can progress to an exercise called the dead bug.
- Dead bug: Tighten your stomach muscles and press your lower back into the floor. Lift up one leg several inches off the floor, hold for 5 seconds, then lower it. Lift the other leg off the floor, hold for 5 seconds, then lower it. Alternate legs doing 5 repetitions with each leg and then relaxing your stomach muscles. Do 3 sets of 10.
- Piriformis stretch: Lying on your back with both knees bent, rest the ankle of one leg over the opposite knee. Grasp the thigh of the bottom leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the top leg. Hold this for 15 to 30 seconds. Repeat 3 times. Switch legs and do the same stretch again.
- Quadruped Arm/Leg Raises: Get down on your hands and knees. Tighten your abdominal muscles to stiffen your spine. While keeping your abdominals tight, raise one arm and the opposite leg away from you. Hold this position for 5 seconds. Lower your arm and leg slowly and alternate sides. Do this 10 times on each side.
- Partial curl: Lie on your back with your knees bent and your feet flat on the floor. Tighten your stomach muscles and flatten your back against the floor. Tuck your chin to your chest. With your hands stretched out in front of you, curl your upper body forward until your shoulders clear the floor. Hold this position for 3 seconds. Don't hold your breath. It helps to breathe out as you lift your shoulders up. Relax. Repeat 10 times. Build to 3 sets of 10. To challenge yourself, clasp your hands behind your head and keep your elbows out to the side.
- Double knee to chest: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and push your lower back into the floor. Pull both knees up to your chest. Hold for 5 seconds and repeat 10 to 20 times.

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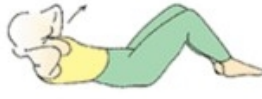
Pelvic tilt



Dead bug



Quadruped arm/leg raises



Partial curl



Piriformis stretch



Double knee to chest