

Post-Operative Spine Surgery Exercises



Standing Hamstring Stretch

Stand and prop the foot of the affected leg on a chair or a step. Slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat. Repeat on the opposite leg.

Repeat 3 times

Hold 30 seconds

Complete 1 set

Perform 1 time a day



Cat and Camel

On your hands and knees in a crawl position, raise your back up and arch it towards the ceiling like an angry cat. Next, return to a lowered position and arch your back the opposite direction like a camel.

Repeat 30 times

Hold 1 second

Complete 1 set

Perform 1 time a day



Posterior Pelvic Tilt

Lie on your back with knees bent. Flatten back against the floor while contracting abdominal muscles as if pulling belly button toward ribs.

Repeat 30 times

Hold 1 second

Complete 1 set

Perform 1 time a day



Bird Dog with Legs Only

Begin on your hands and knees with a neutral spine. Tighten your abdominal muscles, then slowly extend one leg out while maintaining trunk stability. Hold, then return to starting position. Repeat with the opposite leg.

Repeat 10 times

Hold 1 second

Complete 3 sets

Perform 1 time a day



Piriformis Stretch Modified 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand. Bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock. Repeat with the opposite leg.

- Repeat** 3 times
- Hold** 30 seconds
- Complete** 1 set
- Perform** 1 time a day



Curl Up Type 1

While lying on your back with your arms out and stretched forward, partially curl up your trunk as you lift your shoulder blades off the ground. Return to lying down and repeat.

- Repeat** 10 times
- Hold** 1 second
- Complete** 3 sets
- Perform** 1 time a day



Prone Press up: Yoga Cobra Pose

Start by lying on your stomach with your palms facing the floor and elbows bent by your side. Raise up your head and then trunk incrementally. Allow your arms to assist in raising up, as needed. Hold this position, then lower back down and repeat. Remember to breathe slowly.

- Repeat** 10 times
- Hold** 5 seconds
- Complete** 3 sets
- Perform** 1 time a day



Lateral Plank

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine. Repeat on opposite side.

- Repeat** 3 times
- Hold** 30 seconds
- Complete** 1 set
- Perform** 1 time a day

◆ Questions?

Contact your care provider



**MARION BLOCH
NEUROSCIENCE INSTITUTE**