

Intermediate Lower Back Fulcrum Exercises

USING THE LD FULCRUM AND 1" LIFTER,
PERFORM ALL 6 WARM-UP EXERCISES AND THEN PERFORM ONE OF LD 1,2,3
AS A PERMANENT ADDITION TO WARM-UPS.

ADD 1" LIFTER BY PLACING IT DIRECTLY UNDER LD FULCRUM . Lay on the fulcrum and take a few deep breaths. Within minutes you will relax and become more comfortable. Perform five repetitions of each new exercise. Ideally, you should be able to perform ten repetitions three days after they are initially prescribed. Communication with staff is vital during the rehabilitation and reconstruction phase of your care.

◆ EXERCISE FOUR (LD4)

1. Knees bent, feet 16" apart.
2. Arms across chest (as shown).
3. Inhale and raise upper body 6" off floor.
4. Rotate head to the right (as shown).
5. Turn entire upper body to the right (not shown).
6. Rotate knees to the left (as shown).
7. Exhale and relax to the floor.
8. Repeat exercise in opposite direction.



◆ EXERCISE FIVE (LD5)

1. Knees bent.
2. Arms at side or extended for stability.
3. Raise the right foot about 6" off floor.
4. Straighten right leg and hold foot 6" off floor. Hold for count of five.
5. Alternate with left and right leg until all repetitions are completed.



◆ EXERCISE SIX (LD6)

1. Knees bent.
2. Arms at side or extended for stability.
3. Rotate head to the right.
4. Bend knees and rotate legs to left.
5. Using smooth, fluid motion, rotate head to left, knees and legs to the right.
6. Alternate, **without stopping**, until all repetitions are completed.

