

## Chart copy

Patient name: Katherine Lentini

Prescribed on: 10/03/2023

Dr. George Lentini

Diagnosis: Acute Low Back Pain, Chronic Pain and Lower Crossed Syndrome

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## CURRENT EXERCISES

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### Hip Hinge Chair Squats

Perform 3 sets of 10 reps, 2 times per day

Begin standing in front of a sturdy kitchen chair with your feet shoulder width apart. While keeping your knees directly over your feet, slowly lower your hips toward the chair and stop when your butt touches the front edge of the chair. Keep your weight on your heels and do not allow your knees to move forward over the top of your feet during any part of this exercise. You will probably need to extend your arms forward for balance. Stand back up. Perform as directed. An elastic band may be looped under your feet and held in your hands for added resistance.



### Abdominal Brace

Perform 3 sets of 10 reps, 2 times per day

The basic goal of "abdominal bracing" is to tighten your abdominal wall in order to protect your spine. This exercise may be performed by imagining that someone is about to punch you in your stomach. Your stomach muscles should contract to brace for the punch. Your abdominal wall should not be "sucked in" nor "pushed out". Do not move your spine or pelvis. This contraction should be performed during all movements throughout the day to assist in spine stability.



### Guided Motor Imagery

Envision yourself performing your exercises and various tasks symptom-free (but don't actually move). If you know that walking steps hurts, imagine quickly walking up and down the steps without discomfort several times. Experience each step- the more fully you can focus, the more your brain will reprogram itself.



### Hamstring Doorway Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day  
*on each side*

Lie flat on your back with your leg elevated and positioned in a doorway as shown. "Scoot" toward the doorframe until your hamstring is taut. Contract your hamstring by attempting to push your heel into the doorframe for seven seconds. Relax and gently slide your buttocks toward the doorframe while keeping your knees straight to increase the stretch. Repeat three contract/relax cycles on each side, twice per day or as directed. Alternately, you may provide your own resistance by looping a belt or towel around your heel instead of using a doorframe.



### Psoas Stretch- Kneeling

Perform 1 set of 3 contract/relax cycles, 2 times per day

Begin in a half-kneeling position with the side to be stretched on the floor and your opposite knee bent at 90 degrees, foot planted on the floor. Shift your pelvis forward slowly, keeping your hips and back straight. Against the resistance of the floor, contract your involved thigh in an attempt to flex it forward toward your chest for seven seconds. Relax and shift your pelvis further forward to increase the stretch. Keep your trailing leg rotated outward. "Lock in" to each new position and perform three contract/relax cycles twice per day or as directed. For a more intense stretch, lean your upper body away from the side being stretched.



### Standing ITB/TFL Stretch

Perform 1 set of 3 contract/relax cycles, 2 times per day  
*on each side*

Stand approximately two feet from a wall with your affected hip facing the wall. Move your opposite leg forward so that your legs are in a scissors position. The outsides of your feet should be facing each other. Most of your weight should be on your straightened rear leg with your front knee slightly bent and relaxed. With your trunk upright, rotate your pelvis away from the wall and drop your buttock towards the wall until you feel a stretch. Be sure to keep your pelvis forward, not allowing it to drop backward. Keep your breastbone over your uninvolved hip throughout this stretch. Against the resistance of the floor, attempt to contract your rear leg away from your body (toward the wall) for seven seconds. Relax and drop into this stretch to increase the pull. "Lock in" to this new position and repeat three contract/relax cycles on each side twice per day or as directed.

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## UPCOMING EXERCISES

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### Side Bridge

Perform 3 sets of 10 reps, 1 time per day

Begin lying on your side. Rest your weight on your forearm and feet. Lift your hips toward the ceiling until your body is in a straight "plank" position. Try to avoid looking down to watch your body as this will interfere with achieving the ideal plank position. You may wish to use a mirror to ensure good form. Slowly lower your hips back to the floor and repeat as directed.



### Semi-Stiff Dead Lift

Perform 1 set of 15 reps, 2 times per day  
*on each leg*

Begin standing with your thumbs on your rib cage and your fingers on the crests of your hip, making sure not to approximate your fingers throughout the exercise. Stand on one leg with your knee bent only slightly. Slowly flex forward from the hips moving your chest toward the floor, making certain not to flex your back. Return to an upright position. Perform as directed.



### Posterior Lunge

Perform 3 sets of 10 reps, 1 time per day

Begin standing on one leg and grasp the edge of a sink or a post for stability. Slowly bend your knee to lower your hips toward the floor as though you are going to sit in a chair. Keep your knee positioned directly above your ankle and do not allow it to shift forward. Try not to allow your back leg to touch the ground. Consciously contract your gluteal muscle on the planted leg side to return to the start position. Perform as directed.

