

CENTER FOR PEDIATRIC ORTHOPAEDICS & SCOLIOSIS

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PEDIATRIC SPINE SURGERY

PEDIATRIC ORTHOPAEDIC SURGERY

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PEDIATRIC SPINE SURGERY

PEDIATRIC ORTHOPAEDIC SURGERY

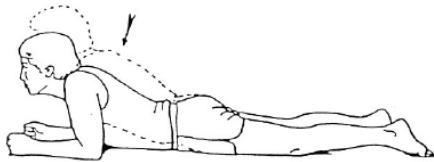
LISA DOBSON, RN

PEDIATRIC ORTHOPAEDICS CASE MANAGER

SCOLIOSIS CASE MANAGER

BACK EXERCISES

BACK – 1 Prone on Elbows



Raise up on elbows as high as possible, keeping hips on floor.

Hold ___ seconds. Repeat ___ times.

Do ___ sessions per day.

BACK – 2 Press-Up

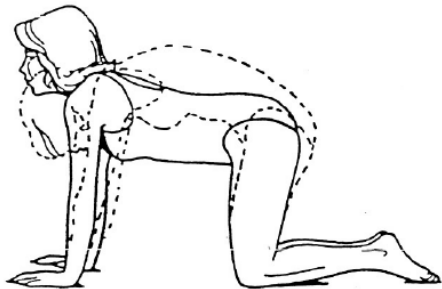


Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed.

Hold ___ seconds. Repeat ___ times.

Do ___ sessions per day.

BACK – 14 Angry Cat Scratch



Tuck chin and tighten stomach arching back.

Hold ___ seconds. Repeat ___ times.

Do ___ sessions per day.

BACK – 20 Mid Back Stretch



Press chest toward floor, reaching forward as far as you can.

Hold ___ seconds. Repeat ___ times.

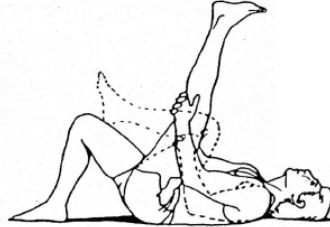
Do ___ sessions per day.

BACK – 20 Mid Back Stretch



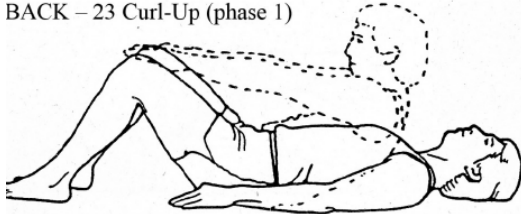
Push chest toward floor, reaching forward as far as you can.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 34 Active Hamstring Stretch



Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 23 Curl-Up (phase 1)



With arms at sides, tilt pelvis to flatten back. Raise shoulders and head from floor. Use arms to support trunk if necessary.
Hold ____ seconds. Repeat ____ times.
Do ____ session per day.

BACK – 24 Diagonal Curl-Up (phase 1)



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders, rotating to one side as shoulder blades clear floor.
Hold ____ seconds. Repeat ____ times on each side.
Do ____ session per day.

