


## LOWER BACK

### *Elastic Tubing Resistive Kinetic Activities*


**GENERAL INSTRUCTIONS:** Do only those exercises taught to you by your therapist. Exercise twice daily.

**Flexion:** Stand or sit with your back to the door. Place the anchor at chest level. Hold the elastic at the back of your neck with both hands. Pull the elastic taught. Bend forward at the waist. Return to start and repeat.




1

**Extension:** Stand or sit facing the door. Place the anchor low in the door. Clasp the elastic to your chest with both hands. Pull the elastic taught. Bend backward at the waist. Return to start and repeat.




2

**Lateral Flexion:** Stand or sit with your side to the door. Place the anchor at chest level. Wrap the elastic around your upper arm and hold it in place with the opposite hand. Pull your upper body to the side while bending at the waist. Return to start and repeat with both sides.



3

**Rotation:** Stand or sit with your side to the door. Place the anchor at chest level. Wrap the elastic around your upper arm and hold it in place with the opposite hand. Twist to the opposite side by rotating at the waist. Return to start and repeat with both sides.



4

LEVEL	RANGE OF MOTION	SPEED	TIME
1	SHORT	SLOW	10-60 SECONDS
2	SHORT	FAST	1-6, 10 SECOND PERIODS
3	FULL	SLOW	10-60 SECONDS
4	FULL	FAST	1-6, 10 SECOND PERIODS

**EXERCISE GUIDELINES:**

The Elastic Tubing Program has 4 levels. You must be able to perform each level before progressing to the next level. Be sure that the door and door frame are in good condition before inserting the knot in the tubing. Close the door securely and be sure it is locked. Be sure that the door isn't accidentally opened. Periodically check the tubing for stress and the knot for slipping. **Stop immediately if you experience pain, nausea or dizziness.**