

LOWER BACK REHABILITATION CHART

Frequency: Daily / 3x Weekly

Patient Name: _____

Date: _____

EXERCISE DESCRIPTION	SETS/REPS	HOLD	WEEKLY TRACKING (M T W T F S S)
Pelvic Tilts Flatten back against floor	3 x 15	5 sec	
Bird-Dog Opposite arm and leg extension	2 x 10 ea.	3 sec	
Glute Bridges Squeeze glutes, lift hips	3 x 12	2 sec	
Cat-Cow Stretch Slow spinal articulation	2 x 10	--	
Dead Bug Maintain neutral spine/core	3 x 10	--	

THERAPIST NOTES:

Focus on controlled movements and breathing. If sharp pain occurs, stop immediately and consult your therapist.

Template intended for educational use only. Professional supervision recommended.