

Lumbar Spine Rehabilitation Post-Regenerative Medicine Treatment

- First 4 Days Post Treatment
 - **Take it easy for four days**; depending on the specific treatment as well as the type and severity of the injury.
 - **Walking is ok.**
 - **Do not lift anything over 10 pounds for the first 3 days.**
 - The concept for not stressing the muscles and ligaments of the low back is that the regenerative treatment (PRP, Lipogems, etc.) was precisely placed into injury site and stressing these muscles during this critical phase may displace some of the treatment. When muscles or tendons are loaded, they squeeze tightly together: picture wringing out a wet dishcloth (which we want to avoid during this phase).
 - For sleeping, it may be more comfortable to place a pillow under your knees, but this is not required.

- For the next 2 to 3 weeks
 - Walk normally. Although your back may be sore, it is ok to walk
 - Core Stabilizers:
 - Heel Squeezes: Lie on stomach with heels together and knees apart, rotate feet out. Gently squeeze heels together and hold for 5 seconds for 20 repetitions.
 - Abdominal Bracing (TA): Lie on back with knees bent, gently pull belly button towards floor. Hold for 10 seconds for 10 repetitions. Do not hold breath. Progress to sitting and standing activities.
 - Range of motion
 - Lower Trunk Rotation: Lie on back with knees bent, feet and knees together. Gently drop knees from side to side, avoid pain. Repeat for 20 repetitions.
 - Prone props: Lie on stomach, prop up on elbows keeping back relaxed, hold for 10 seconds for 10 repetitions.

- Two weeks from treatment
 - Easy spinning (low resistance) on an exercise bike, either recumbent or sitting upright. Start at 20 minutes every other day and work up to 30 minutes per day. Gradually increase the resistance over 3 weeks. Do not stand and peddle.

- Start Formal Lumbar Spine Physical Therapy (PT)
 - You will start Lumbar Spine PT at two to three weeks. The initial goals will be to restore posture, slowly restore full range of motion to the low back, strengthen core and address dysfunctional movement patterns. Your therapist will prescribe and guide you through strengthening exercise for low back, hips and core stability. Some brief (10 minutes or less) period of heat or ice therapy will not hurt the regenerative treatment. **Avoid**

modalities such as any form of laser, electrical stimulation, ultrasound or iontophoresis. Dry needling is fine if needed.

- During this time, avoid aggravating activities. Exercise is vital to good health and finding a way to cross train around your injury is important not only for your physical health, but for your mental health as well. Ask me about cross training options for your injury.