



ExitSports Medicine[®]

Sports medicine injuries typically require rehabilitation exercises in order for patients to resume to normal activity. ExitSports Medicine[®] is an ExitCare[®] module comprised of hundreds of instructive documents (provided in English and Spanish) on the proper management, treatment and prevention of sports-related injuries.

The content featured (see right) highlights a portion of one ExitSports Medicine document dedicated to low back strain.

The entire document contains 11 exercises and 13 posture and body mechanics considerations.

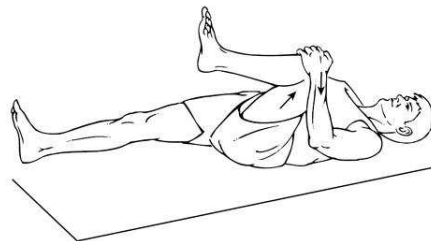
These are some of the *initial* exercises you may start your rehabilitation program with until you see your caregiver again or until your symptoms are resolved. Flexion and extension exercises are presented. The specific exercises that are appropriate for you must be specified by your caregiver before you start them.

Remember:

- Flexible tissue is more tolerant of the stresses placed on it during activities.
- Each stretch should be held for 20 to 30 seconds.
- A **gentle** stretching sensation should be felt. If pain or other symptoms radiate away from the back toward the buttocks or legs, stop the exercises immediately.

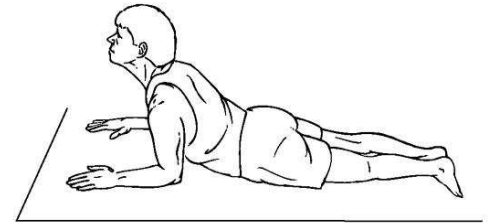
LUMBAR FLEXION - Single Knee to Chest

- Lie on your back with both legs flat on the floor.
- Bend one hip and knee up toward your chest.
- Grasp knee with your hand(s) and pull it gently toward your chest.
- Keep the other leg flat on the floor while doing this exercise.
- Repeat with the opposite side.
- Repeat exercise __ times, __ times per day. Hold each repetition 5 to 10 seconds.

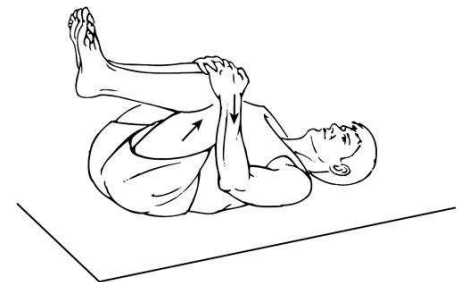


LUMBAR EXTENSION - Prone on Elbows

- Lie on your stomach on the floor.



- Place your arms underneath you and “prop” up on your elbows as shown.
- Allow your back to relax and sag. Hold this position for 30 to 45 seconds.
- Return to your starting position, lying on your stomach, flat on the floor.
- Repeat exercise __ times, __ times per day.



LUMBAR FLEXION - Double Knee to Chest

- Lie on your back with both legs flat on the floor.
- Bend one hip and knee up toward your chest and then the other.
- Grasp your knees with your hands and pull them gently toward your chest.
- Hold this stretch position for 5 to 10 seconds.
- Release one knee, allowing the leg to return to the floor, then release the other.
- Repeat exercise __ times, __ times per day.

ExitCare, LLC
8519 Eagle Point Blvd.
Suite 105
Lake Elmo, MN 55042

Toll Free: 800-694-6669
Fax: 651-379-0481
Inquiries: Email to
Sales@ExitCare.com
www.ExitCare.com