



Lumbar Stabilization Controlled Mobility Program

Score

Stage	Focus	Description	Exercises	Score
Stage 1:	Disc, Nerve, Joint Healing	Disc, Nerve, and Joint Nourishment Program:	<ul style="list-style-type: none"> o Disc Dehydration o Disc Rehydration o Joint Lubrication o Neural Flossing o Aerobic Exercise/Pacing 	
Stage 2:	Inner Core Activation	VPAC: Volitional Preemptive Abdominal Contraction: Progressive activation and control of the pelvic floor muscle, transverse abdominis, internal obliques and lumbar multifidi.	<ul style="list-style-type: none"> o Pelvic Floor o ADIM o ABM o Internal Obliques o Multifidus o Progressive Control 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 3:	Functional Training	Static & Dynamic Posture to improve core control during functional activities:	<ul style="list-style-type: none"> o Static Posture o Dynamic Posture o Functional Squatting o Transitional Movements 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 4:	Sensorimotor Control	Proper timing and recruitment of muscles of inner core with dynamic movements based on patient control strategy deficits determined in functional examination.	<ul style="list-style-type: none"> o o o 	0 1 2 3 0 1 2 3 0 1 2 3
Stage 5:	Neuromotor Training	Resisted exercise program for inner core activation with resistance from various angles. Progressions	<ul style="list-style-type: none"> o Rowing o Bicep Curls o Pulldowns o Diagonals o Lumberjacks o Push Ups o Step Ups o Hip Clocks o Bridging o Pullovers o Bird Dogs o Planks 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 6:	Somatosensory Control	Balance/postural corrective strategies to improve balance, balance reaction, proprioception.	<ul style="list-style-type: none"> o Perturbations o Bag Drop o Ball Toss o Body Blade o Unstable Surface 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 7:	Dynamic Stretching	Dynamic stretching to improve flexibility and correct muscle imbalances without stress to the discs, joints or nerves.	<ul style="list-style-type: none"> o Hamstrings o Hip Flexors/Calves o Back o Rectus Femoris/Iliopsoas o TFL/IT Band o Piriformis 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 8:	Outer Core Controlled Mobility	Dynamic controlled flexion and extension exercises to restore control in the sagittal plane:	<ul style="list-style-type: none"> o Superman's o Pullovers + Crunch o Prone Extension Push Up o Back Extensions o Hip Ext & Hold + 	0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3 0 1 2 3
Stage 9:		Dynamic controlled sidebend exercises to restore frontal plane control.	<ul style="list-style-type: none"> o Hip Abduction + o Sidebends o Sidecrunches 	0 1 2 3 0 1 2 3 0 1 2 3
Stage 10:		Dynamic controlled rotation exercises to restore control in the transverse plane.	<ul style="list-style-type: none"> o Unilateral Rows + o Diagonals + o Lumberjacks + 	0 1 2 3 0 1 2 3 0 1 2 3

Grade 0: Unable to perform exercise due to pain.
Grade 1: Unable to perform exercise; no pain.

Grade 2: Able to perform exercise; muscle substitution or aberrant movement.
Grade 3: Able to perform exercise without substitution or aberrant movement.