

Lumbar spine Rehab after Regenexx Epidural or facet injections, or spinal ligament procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Maximal Protection Day 0-3	Avoid excessive bending or twisting and bearing down. No lifting >10lbs, no jogging, pushing, or pulling exercises.	Limit activity for 2-3 days. Household and community ambulation ok. Gentle passive and active ROM exercises	At least 2 days Household ambulation with no more than 2/10 pain
Phase II: Minimal Protection Mobility and light resistance training Day 3- week 3	Avoid excessive bending or twisting, no lifting >20lbs, no jogging, pushing, or pulling exercises. Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Guided core stabilization w/PT: isometric exercises, abdominal hollowing in static positions, then with challenge. Progress to pelvic floor, transverse abdominals and multifidus exercises, planks, then dynamic planks. Add in Elliptical or walking for exercise. Then can add upright biking if non painful.	When able to walk for exercise with no more than 2/10 pain x 1 week.
Phase III: Advanced Resistance Strengthening / Week 3 - 6	Avoid any activity that causes more than mild 2/10 pain during or after the activity.	Can slowly add advanced core stabilization, dynamic balance exercises. Can begin resistance exercises/weights, hills, hiking, low to moderate impact activity, and swimming as tolerated.	Can handle light to moderate activities with no more than 2/10 pain x 1 week.
Phase IV: Return to Sport/Activity Week 6 - 8	No strict restrictions. Full activity as long as no more than mild 2/10 pain.	Gradual return to full Functional activity.	Return to phase III if more than 2/10 pain with most exercises or activities.