

Lumbar Extension Syndrome

Low back and /or leg pain with lumbar extension

What you need to know

What is it?

- Low back and/or leg pain that is provoked with the movement of lumbar extension. (arching back)

What are symptoms associated with this condition?

- Low back or leg symptoms associated with:
 - Standing
 - Walking
 - Arching back
- Low back or leg symptoms relieved with:
 - o Bending forward
 - o Side lying or lying on back with knees to chest
 - o Letting back rest on wall
- **Goals of self-treatment: relieve compression of low back joints.**
 - Gain abdominal muscle control
 - Improve hip flexibility
 - Learn how to coordinate lumbar movements to avoid arching back during activities of daily living.

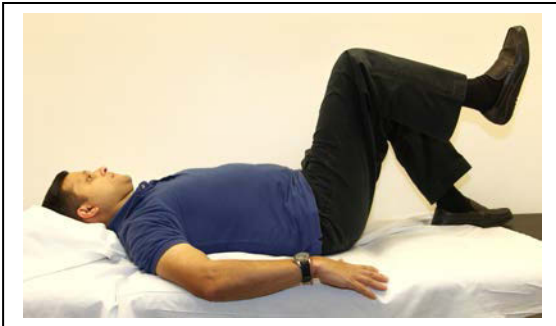
Common rehab exercises:



- Take a breath in, blow out through your mouth and tense your abdominals as you would with a “Hiss” sound or as you would with coughing. Hold 5 seconds and relax.

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Abdominal Bracing with Marching

- Take a breath in, blow out through your mouth and tense your abdominals as you would with a “Hiss” sound or as you would with coughing. Gently lift one leg as shown above and return.



Quadruped Rocking

- Get onto hands and knees. Tuck in chin and straighten back. Tense your abdominals as in prior exercises and gently rock backwards.
- Repeat 20 times

Quick Tips:

- When doing the dishes put one foot on a foot stool.
- When reaching or going from sitting to standing, avoid arching your back.
- Sleeping position: side lying with knees toward chest.