



5656 Bee Caves Rd. Ste. K-200 Austin, TX 78746
Ph: (512) 329-6644 Fax: (512) 891-8220

Dr. Scott Spann
Dr. Thomas Burns

Dr. Frosty Moore
Dr. Matthew Crawford

Lumbar Fusion Protocol Dr. Scott Spann

Outpatient Therapy

The following exercises are commonly used in the clinic and/or for HEP. Standing exercises can focus on lumbar stability as well. Patient's can stand on dynamic surfaces for some of these activities to activate stability muscles. Once Dr. Spann releases a patient from using the TLSO (around 3 months post-op), lumbar ROM activities may begin.

Table Exercises

Pelvic tilts
Hamstring stretch
Piriformis stretch
Nerve glides
Bridges
Hip strengthening
Supine stability

Standing Exercises

Bilateral rows
Lat pull downs
Heel raises
Wall squats
Step ups
Stability activities
Bicep curls/shrugs

Seated Exercises

Hamstring curls
Swiss ball (advanced)

Cardio Exercises

Total gym
Treadmill
Standing UBE
Bike (after 6 wks)

Please call our office if you have any questions.