

Spondylolysis Treatment *lower lumbar*

Phase 1 (1-2 months)

Rules

1. No Running
2. No Jumping
3. No bending backwards
4. No stretching backwards
5. No sleeping on stomach (preferably side only)
6. No Chiropractors
7. Wear your brace (3-6 months)
 - Bracing is primarily for acute spondylolysis

Phase 1 Physical Therapy

***you may choose whatever order you wish*

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|--------------------------------|------------------------------------|
| 1. Foam Roller: | Front and sides, 1 set (optional) |
| 2. Trans Abdominis Activation: | 20 secs, 3 sets, (push-pull-twist) |
| 3. Crocodile Breaths: | 20 reps, 2 sets |
| 4. Chops: | 15 reps each side, 2 sets |
| 5. Supine Lifts: | 15 reps each side, 2 sets |
| 6. Hip Adduction: | 20 reps, 2 sets |
| 7. Clams: | 20 reps, 2 sets |
| 8. Multifidus Activation | 10 reps, 10 sec each, 2 sets |
| 9. Hamstring Stretch | 4 reps (10 sec) |

Bridge & Plank: this depends on your current fitness level. You can start with 4 sets of 15 seconds and increase to 2 sets of 30 seconds and keep progressing from there. Don't try to do too much too fast.