

Physical Therapy Exercises for Lumbar Compression Fracture

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Supine Pelvic Tilt

STEP 1



STEP 2



Setup: Begin by lying on your back with your knees bent and feet resting on the floor.

Movement: Slowly tilt your pelvis forward, tilt it back to neutral, and tilt it backward. Repeat these movements.

Tip: Make sure to concentrate your movements only on your pelvis.

Supine Pelvic Lateral Tilting

STEP 1



STEP 2



Setup: Begin lying on your back with your legs bent and feet resting on the ground.

Movement: Lift one side of your pelvis a few inches towards the ceiling. Lower it back down and repeat on your other side.

Tip: Make sure you are moving each side of your pelvis equally.

Supine Diaphragmatic Breathing

STEP 1



STEP 2



Setup: Begin lying on your back with your knees bent and feet resting on the floor.

Movement: Exhale, drawing in your abdominal muscles as if you are pulling your belly button toward the floor, then inhale, focusing on expanding your belly instead of your chest.

Tip: Make sure to keep your lower back flat on the ground during the exercise.

Supine March

STEP 1



STEP 2



Setup: Begin lying on your back with your arms resting at your sides, your knees bent, and your feet flat on the ground.

Movement: Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

Tip: Make sure to keep your trunk stiff during the exercise and do not let your lower back arch.

Standing Anti-Rotation Press with Anchored Resistance

STEP 1



STEP 2



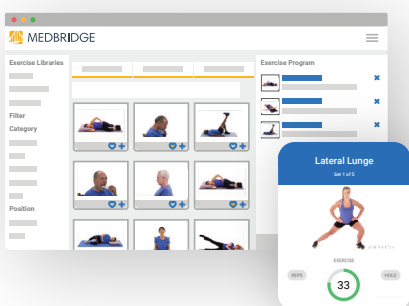
STEP 3



Setup: Begin in an upright standing position. With both hands, hold a resistance band that is anchored to your side.

Movement: Press your arms straight forward. Hold briefly, then bring your arms back in and repeat.

Tip: Make sure to keep your knees slightly bent and do not let your trunk rotate as you press the band forward.



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