



ENDOSKOPIA



Information and Exercises





Dear Patients,

This brochure of exercises is meant to assist you in carrying through the adequate post-op exercises wherever and whenever you want.

Your own activities are a substantial part on your way to a pain-free back.

We wish you the very best for your personal success!

Your ENDOSKOPIA - Team

Step-Like Position



Initial position: On the back

The lower legs should be placed on an auxiliary such as a firm inflatable cushion, a chair or a case. The buttocks should be placed as close as possible towards this auxiliary. Please note: the angle of hips and knees should be 90° .

How to sit



Recommended:
Upright position



Not recommended:
Back bent, half-lying position
and crossed legs.

How to bend



Recommended:

Squat down with the back upright and the knees bent and prop one arm on your leg. Stand up with the back upright.



Not recommended:

Bending the body forward with stretched legs.

How to lift



Recommended:

Loads should be lifted as close to the body as possible, while the back is being held straight and upright and the knees are bent.



Not recommended:

Lifting the load with stretched legs and bent back.

How to carry



Recommended:

The weight should be carried as close to the body as possible, while the back is being held straight upright.

Exercises for post-op treatment

On the following pages, we would like to show you the exercises you should carry through after the surgery on a regular basis in order to optimise the healing process.

The exercises are marked with different colours according to the relevant stage:



Healing process



Stabilisation



Normalisation

Please note that although the exercises begin at different stages, they should also be done during the stages that follow.

With all stretching and strengthening exercises, the following should be noted:

Stretching

Hold the stretching position for about 20 seconds. Then go back to the initial position. Repeat this procedure three times.

Strengthening

Hold the tension in the respective position for about 8 to 12 seconds, then go back to the initial position for app. 10 sec. Repeat this procedure 5 to 10 times (= 1 series). For optimum strengthening you should go through 1 to 3 series with breaks of 20 to 40 seconds between each series.

With all stretching and strengthening exercises, please see to smooth and constant breathing.

Prophylaxis against Thrombosis



Initial position: sitting or lying.

Exercise 1: “Lower leg pump”

Bend your knee, put your feet on the floor, pull in your toes and stretch them again, alternating between left and right foot.

Stretching of the backward thigh muscles



Initial position: Lie down on your back, bend your knees and put your feet on the floor.



Exercise 2: Grasp one thigh, pull your knee towards your chest, alternating between left and right thigh.



Exercise 3: Grasp both thighs and pull your knees towards your chest.

Strengthening of the abdomen (statically)

Initial position: Lie down on your back, bend your knees and press your heels slightly to the floor.



Exercise 4: Press your arms to the floor, with the back of your hands downward. Lift your shoulders slightly from the floor while holding your neck straight.



Exercise 5: Move both arms and hands laterally to the body, while slightly lifting the upper part of the body from the floor in a diagonal direction, alternating between left and right side. Please note: the lower back must always be kept on the floor.

Strengthening of the lower back



Initial position: Lie down in prone position, rest your head on your lower arms.

Exercise 6: Lift one stretched leg for app. 5 cm, alternating between left and right leg.

Strengthening of the buttocks



Initial position: Lie down on your back, bend your knees and put your feet on the floor.



Exercise 7: Lift your pelvis, until the upper part of the body and the legs are forming a line.

Stretching of the backward thigh muscles

Initial position: Lie down on your back.



Exercise 8: Grasp one thigh, pull your knee towards your chest, while keeping your pelvis and your stretched leg on the floor, alternating between left and right leg.



Exercise 9: Grasp one thigh and pull your leg towards your chest, while holding the leg as stretched as possible and keeping your pelvis and the other leg on the floor. Alternate.

Strengthening of the buttocks



Initial position: Lie down on your back, bend your knees and put your feet on the floor.



Exercise 10: Lift your pelvis, until the upper part of the body and the legs are forming a line. Then stretch your leg with the foot bent towards you, thus forming one single line from the heel to the shoulder (the buttocks should be kept straight)

Strengthening of the legs



Initial position:

Lean your back against the wall. Put your feet at 20 to 30 cm away from the wall in an app. waist-wide position. Slightly bend your knees.

Exercise 11: Press your whole back, arms and the back of your hands against the wall.

Strengthening of the back



Initial position:

Get on your hands and knees. The elbows are slightly bent, the knees are in a waist-wide position, the spine is kept straight.



Exercise 12: One arm is stretched and moved forward. The weight should be balanced evenly. Alternate.

Strengthening of the back



Initial position: Get on your hands and knees. The elbows are slightly bent, the knees are in a waist-wide position, the spine is held straight.



Exercise 13: One leg is stretched and moved backwards. The weight should be balanced evenly. Alternate.



Exercise 14: One arm and the opposite leg are stretched and moved forward or backward respectively. The weight should be balanced evenly by the other arm and leg. Alternate.

Strengthening of the abdomen (dynamically)



Initial position:

Lie down on your back, bend your legs.



Exercise 15: Lift up both legs to a right angle. Alternating between left and right leg, one leg is moved forward in a parallel direction to the floor and then pulled back.

Trunk Stabilisation



Initial position:

Get down on your lower arms, knees and tiptoes.



Exercise 16: Tighten your trunk muscles. Keep your back straight and your head in line with the spine. Lift up your knees for about 20 cm from the floor.

Trunk Stabilisation



Initial position: In a lateral position, resting on your lower arm. The elbow should be placed directly under the shoulder joint. The knees are bent to a right angle. The pelvis is moved forward.

Exercise 17: Lift your buttocks, until the body forms a single line from the head to the knees. The hips should not bend.

For further detailed information on our individual treatment in spine therapy, please do not hesitate to contact us. We shall be pleased to welcome you in our practice for a check-up and a consultation.

Phone: +49 (0)931 - 4529406
Fax: +49 (0)931 - 4529405
E-mail: praxis@dr-alfen.de
www.dr-alfen.de

Zeller Straße 43
D 97082 Würzburg
Germany



ENDOSKOPIA