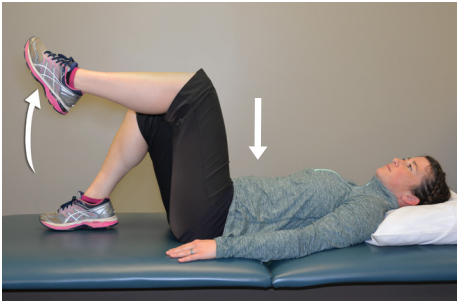


Exercises for Returning to Pickleball/Tennis after Lumbar Surgery

2 to 6 weeks following surgery



TA March

Lie on your back with both knees bent. Tighten your abdominal muscles by bringing your belly button toward the spine. Hold that position and lift your left foot off of the floor to a 90 degree angle at your hip. Return to original position, then repeat with right leg/foot without losing the core contraction. Repeat 10 times on each side.



TA Table Tops

Lie on your back and bring your legs up together in a 90 degree position and knees bent to 90 degrees. Tighten your abdominals by pulling your belly button up and in to the spine. Heel tap one side down to the floor, bring it back up, then tap the other side. Repeat 10 times on each side.



Bridge

Begin with your knees bent and your arms by your side. Engage your lower abdominal muscles. Lift your hips straight off the floor to a bridge position to a comfortable height, keeping your shoulder blades on the floor. Return to starting position. Repeat 5-10 times.



Wall Squats

Stand with your back against a wall with your feet approximately 1-2 feet away from the wall. With feet shoulder width apart, squat approximately 1/2 of the way down, making sure your knees do not go past your toes. Hold 5 seconds and repeat 10 times.



Extension

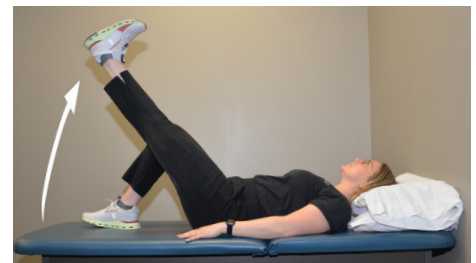
Grasp a band in each hand and pull the band down and towards your hips while keeping elbows straight.

Squeeze shoulder blades together. Repeat 10 times and do 2 sets. Perform 1-2 times per day.



Clam

Place a band around your thighs as shown. Gently pull legs apart simultaneously. Hold 5 seconds. Repeat 20 times.



Straight leg raise

Pull belly button to spine (engaging core), slowly lift a straight leg while opposite leg is bent. Pause and slowly lower the leg. Repeat 10 times. Perform 1-2 times on each leg.

Exercises for Returning to Pickleball/Tennis after Lumbar Surgery

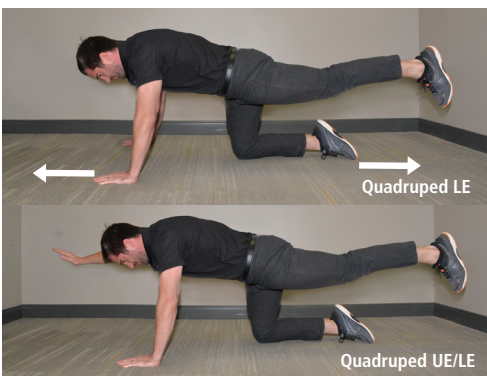
6 to 10 weeks following surgery



Push outs Place a band around a door knob. Stand on the opposite side of the door and close door to anchor the band. Start with feet underneath shoulders and band approximately waist high. Push the band straight out away from you slowly and return slowly. Keep core engaged. Do not allow the band to rotate your trunk. Repeat 10 times on each side.



Static Lunge Standing with feet shoulder width apart and stomach tight, step forward with left leg and drop the right knee down to just above floor, pause for 2 seconds and return to starting position. Repeat 10 times and then switch to other leg. Once that gets easier, progress to walking lunge.



Quadruped LE only progressing to Quadruped UE/LE Begin on all fours with your hands directly under your shoulders. Extend your left leg back until parallel with the ground. Hold briefly, then return to starting position and repeat with opposite leg. While extending the leg, remember to pull belly button up and keep stomach tight. Repeat 10 times. Once this gets easy, extend opposite arms with the legs as noted in photo.



Monster walk In a seated position, tie a band around your ankles, leaving about hip width space in between your ankles. Get into a standing position with feet hip width apart. Begin by stepping towards other foot and half circle away from other foot while stepping forward. Repeat on the other side until you take ten steps forward. Repeat 2 to 4 times.



Band Sidestep In a seated position, tie a band around your ankles, leaving about hip width space in between your ankles. Get into a standing position with feet hip width apart and begin stepping sideways. Take small steps and make sure not to drag your trailing foot. Keep toes facing forward with each step. Perform 10 steps in one direction, then return ten steps. Perform 2-4 times as tolerated.



updated > 01.2023 | reviewed by > Lisa Cleveland, PT, Mayfield Clinic, Cincinnati, Ohio

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