

APPENDIX J

Herniated Discs and Degenerative Joint Disease Protocol

Level 1: Weeks 1 to 3

Introduce the below exercises for 1 to 3 sets of 20-second holds. Progress to 1 to 3 sets of 90- to 120-second holds by adding 10 to 15 seconds each session.

- Anti-extension
 - Superman
- Anti-rotation
 - C.A.R.P with tubing

Level 2: Weeks 4 to 6

Introduce the below exercises for 1 to 3 sets of 6 to 8 reps. Progress to 1 to 3 sets of 8 to 15 reps.

- Hip extension
 - CSD with noodle
- Hip ABD/ADD
 - CSD with abd/add

Level 3: Weeks 7 to 12

Introduce the below exercises for 1 to 3 sets of 6 to 8 reps. Progress to 1 to 3 sets of 8 to 15 reps.

- Squat/dead-lift variations
 - Overhead squat
 - DL with wall reach
 - Swing with DB (one hand/two hand)
- Step ups
 - Linear to box
 - Linear to box with medicine ball
 - Lateral to box
 - Lateral to box with medicine ball
- Lunge series
 - Linear to box
 - Retro from box
 - Linear to box with medicine ball
 - Retro from box with medicine ball