

Assessment & Exercise for Back Injury Recovery



with Rick Kaselj, MS

My Story

Rick Kaselj

- Exercises and injuries
- BSc – 1997
- MS – 2008 / RC
- Work – physio, studio, gym, rec centre, rehab
- Courses – live, video presentations, webinars
- Writing – books, manuals
- Blog – ExercisesForInjuries.com



**Rick Hiking 4300 km / 5 months
from Mexico to Canada**

Objectives



- Part 1 – Key Structures of the Back
- Part 2 – Assessing the Back
- Part 3 – Important Back Injury Recovery Exercises

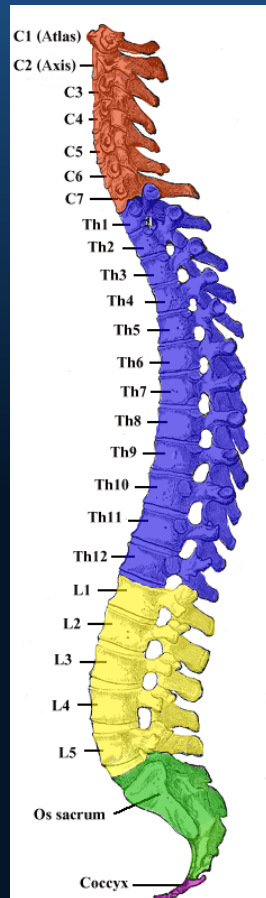
Part 1 - Key Structures of the Back

Key Structures Involved in the Back



- Overall Structure
 - Back

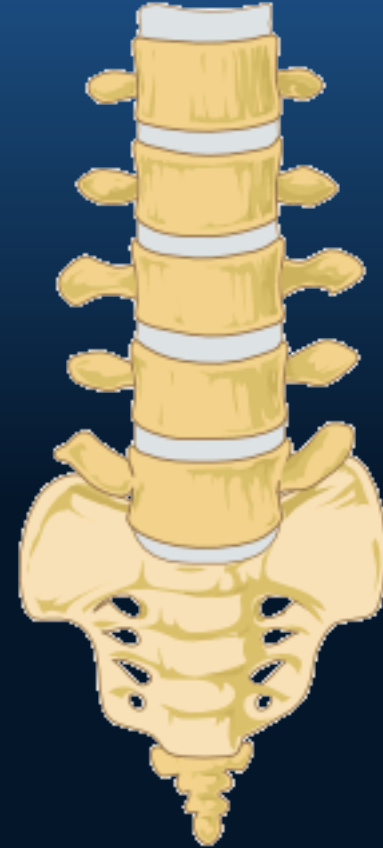
Key Structures Involved in the Back



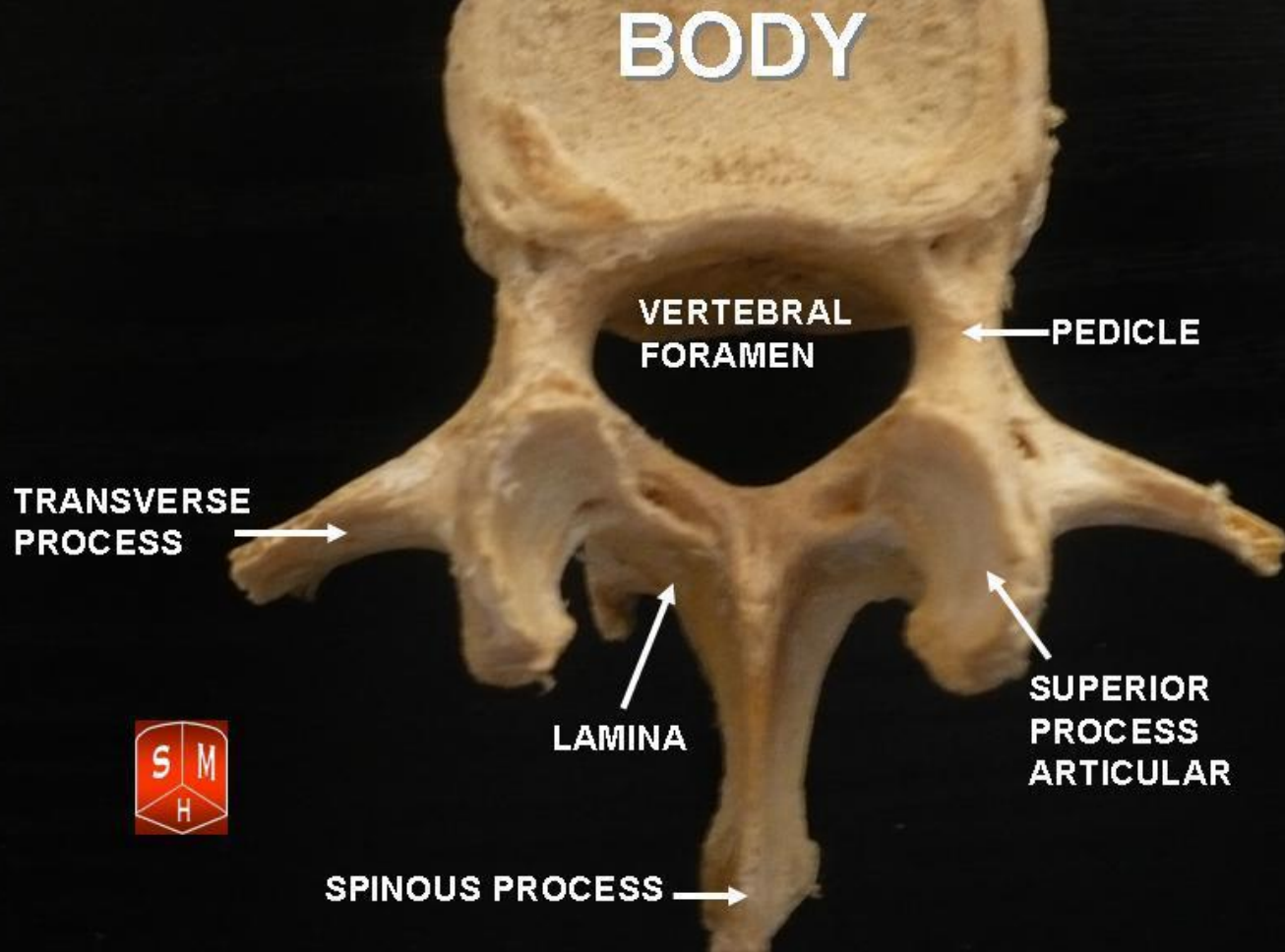
- Key Joint
 - Lumbar spine
- Key Back Joint Structures
 - Vertebrae
 - Intervertebral Disc

Key Structures Involved in the Back

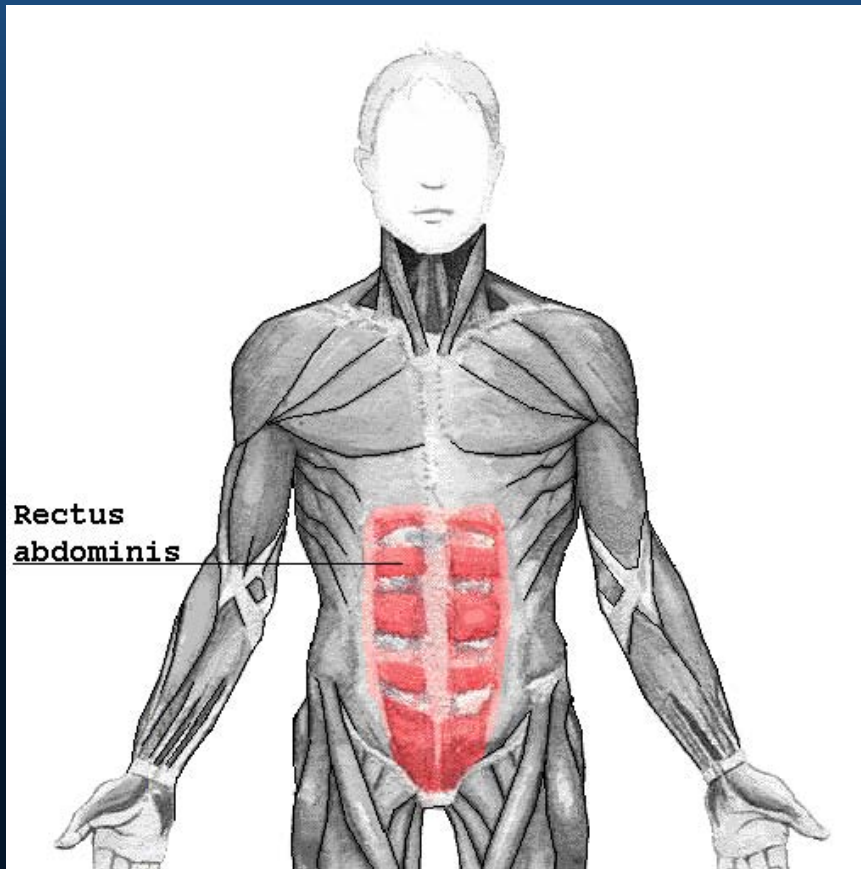
- Key Structures
 - Vertebrae
 - Intervertebral discs
 - Pelvis
 - Sacroiliac joint (SI joint)



LUMBAR VERTEBRA



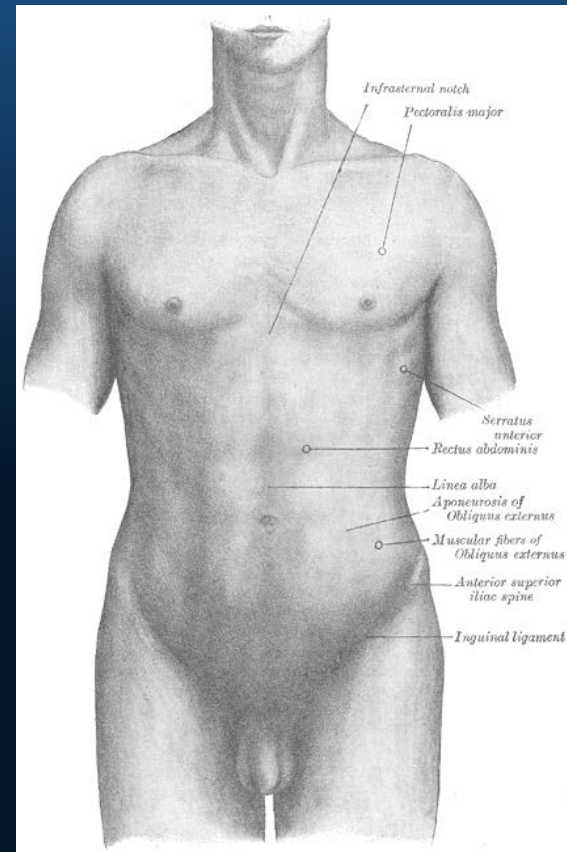
Key Structures Involved in the Back



- Key Muscles
 - Rectus Abdominus

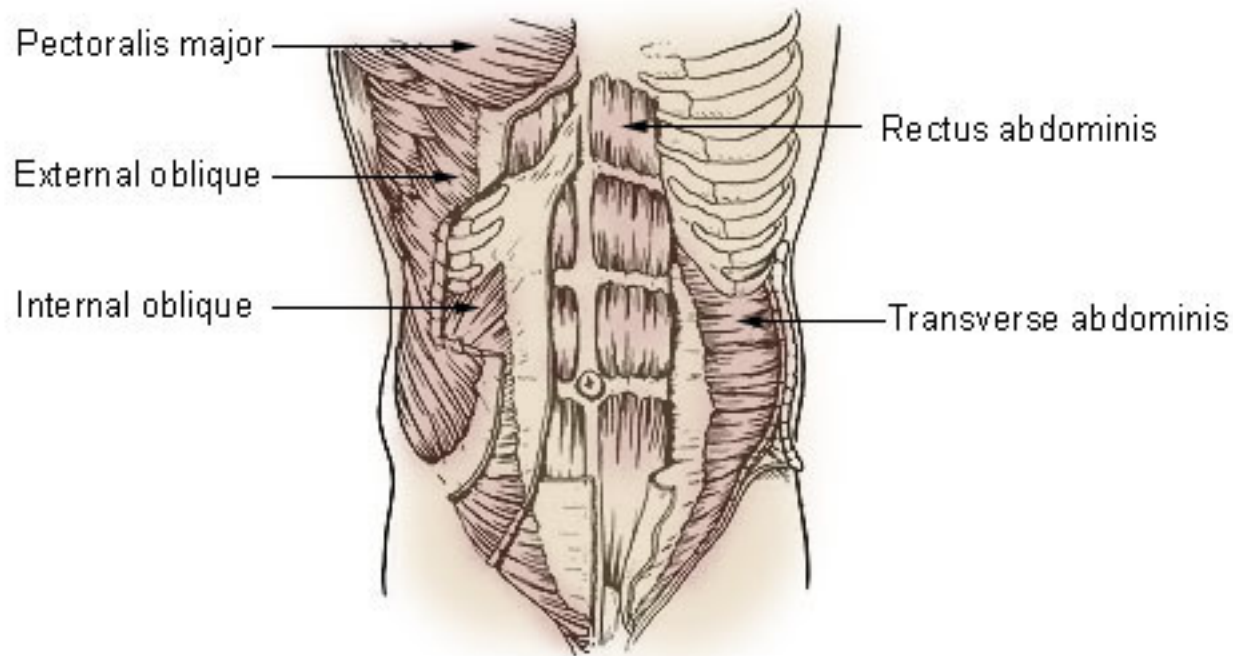
Key Structures Involved in the Back

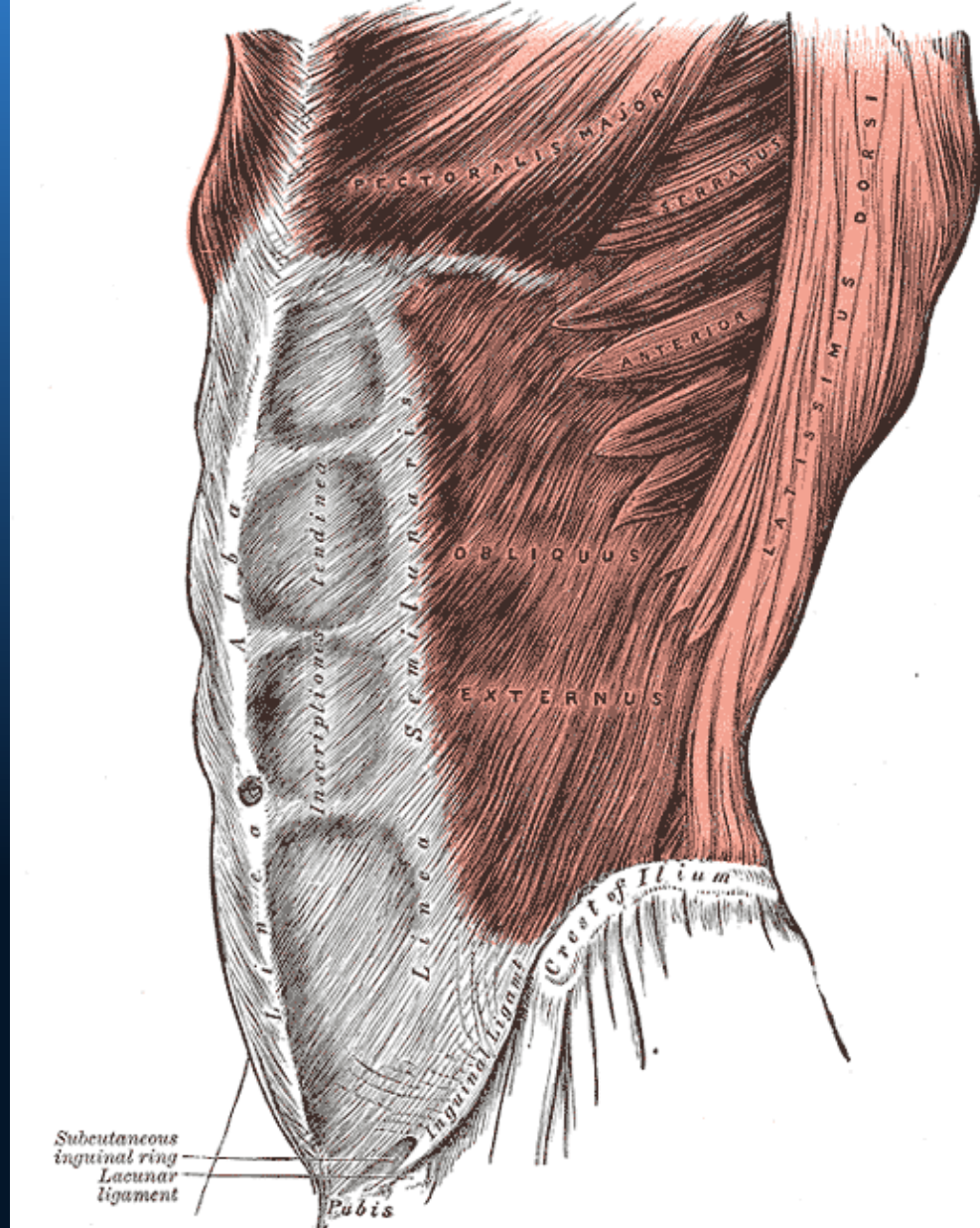
- Key Muscles
 - External obliques
 - Rectus abdominus



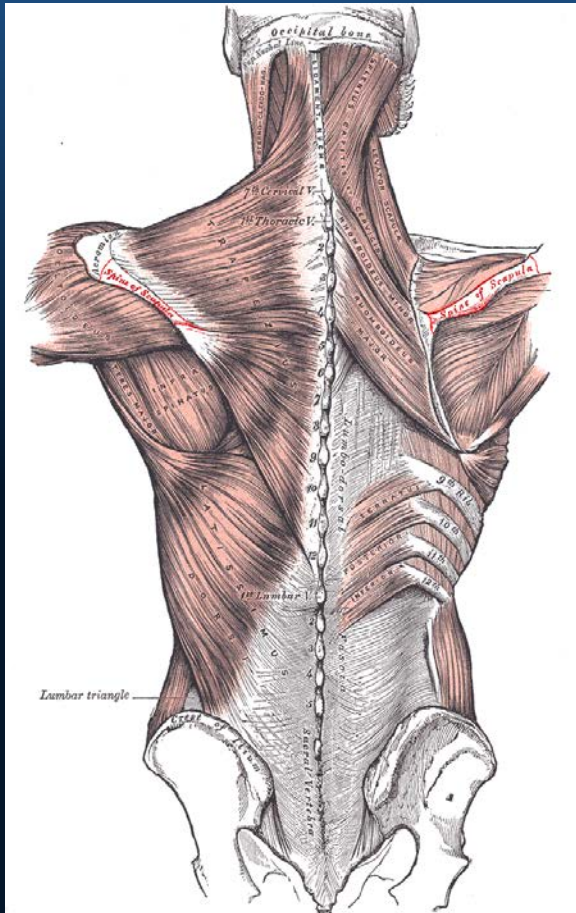
Key Structures Involved in the Back

Muscles of the Trunk





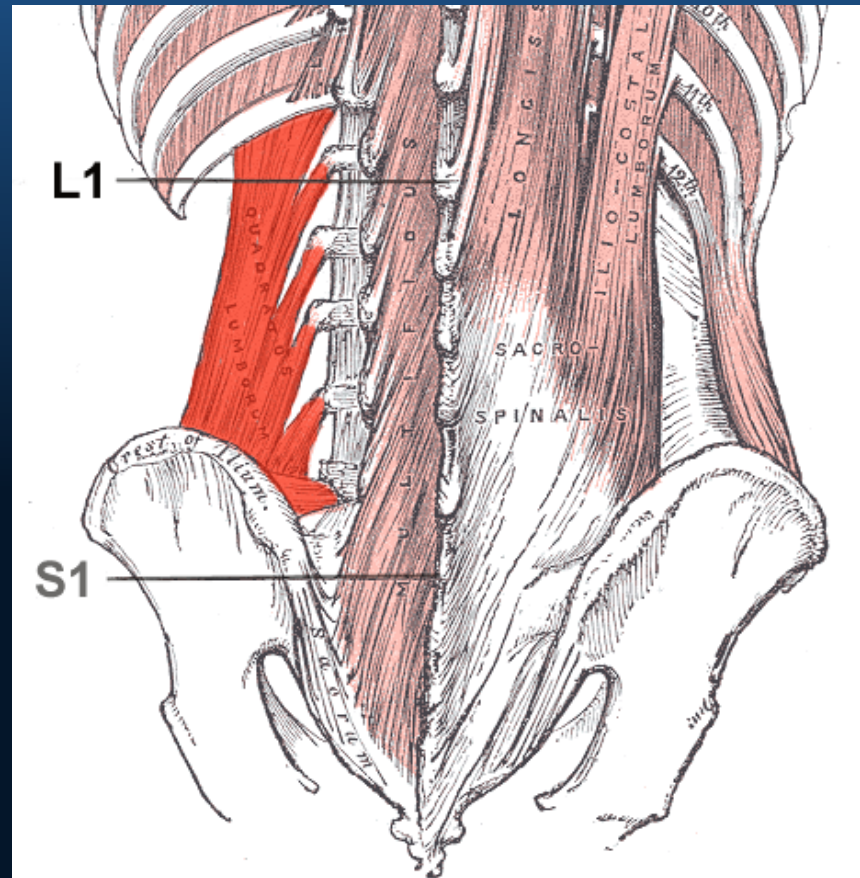
Key Structures Involved in the Back



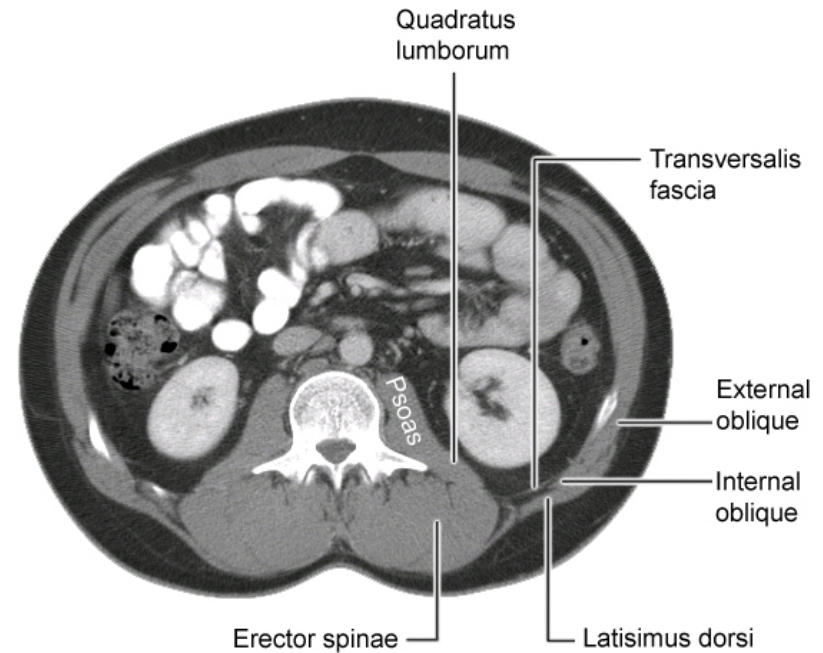
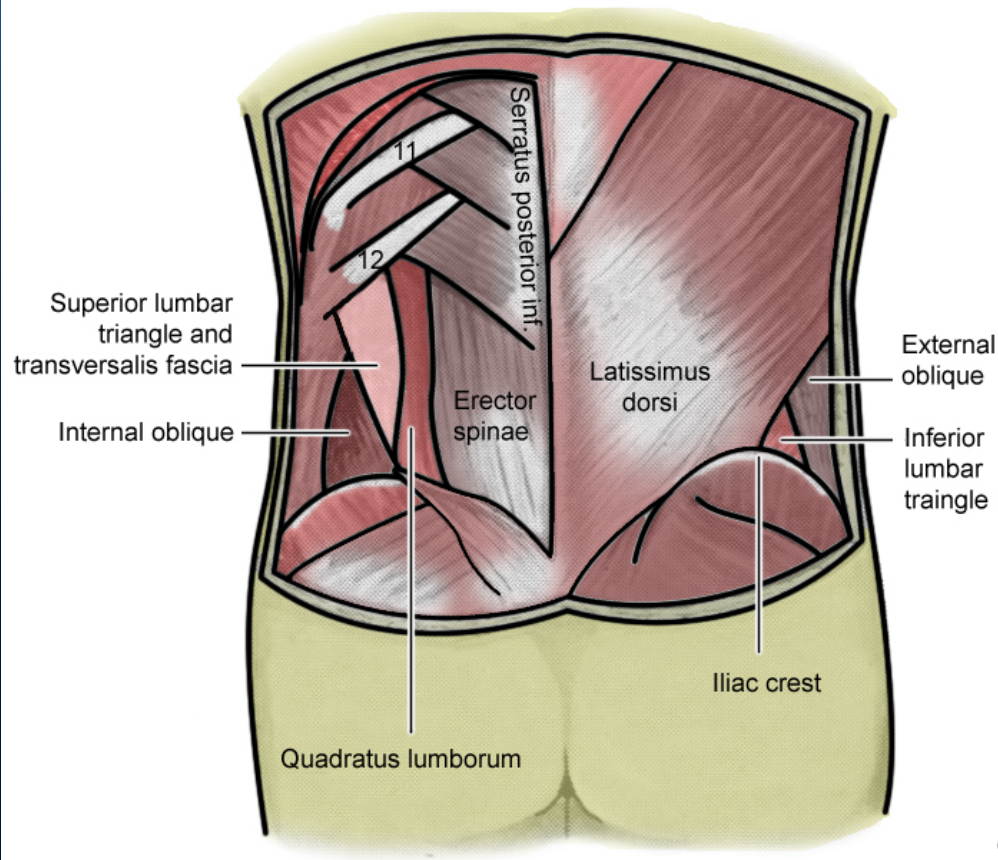
- Key Muscles
 - Trapezius
 - Latissimus Dorsi

Key Structures Involved in the Back

- Key Muscles
 - Quadratus Lumborum
 - Multifidus

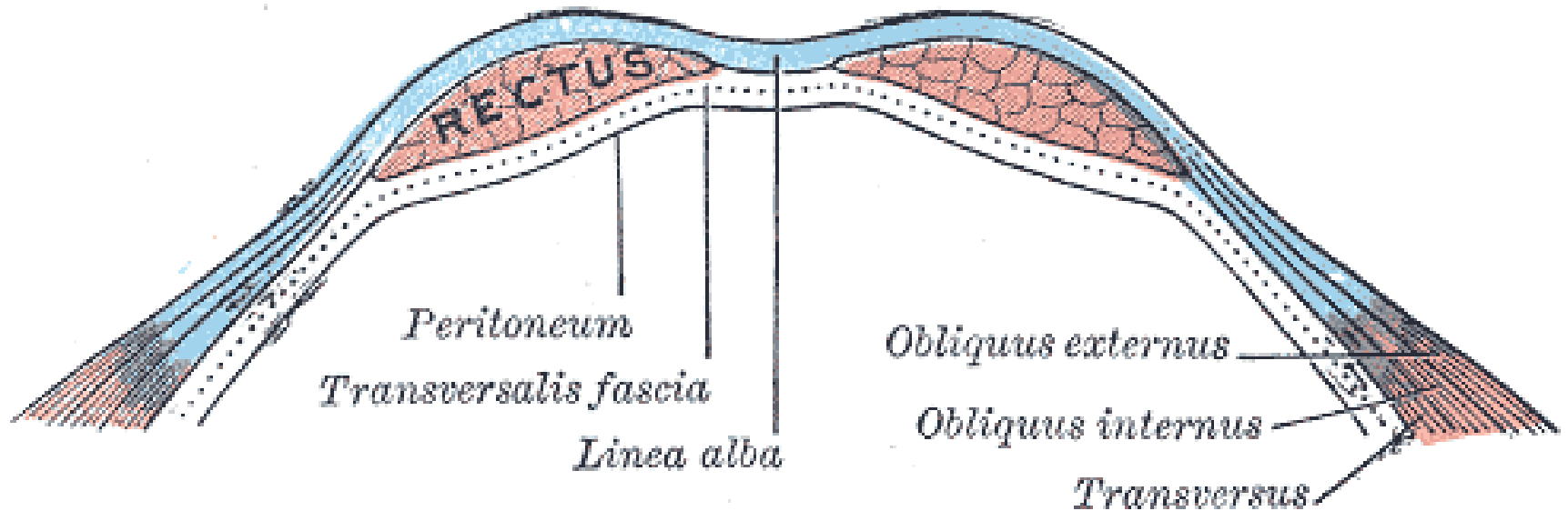


Key Structures Involved in the Back

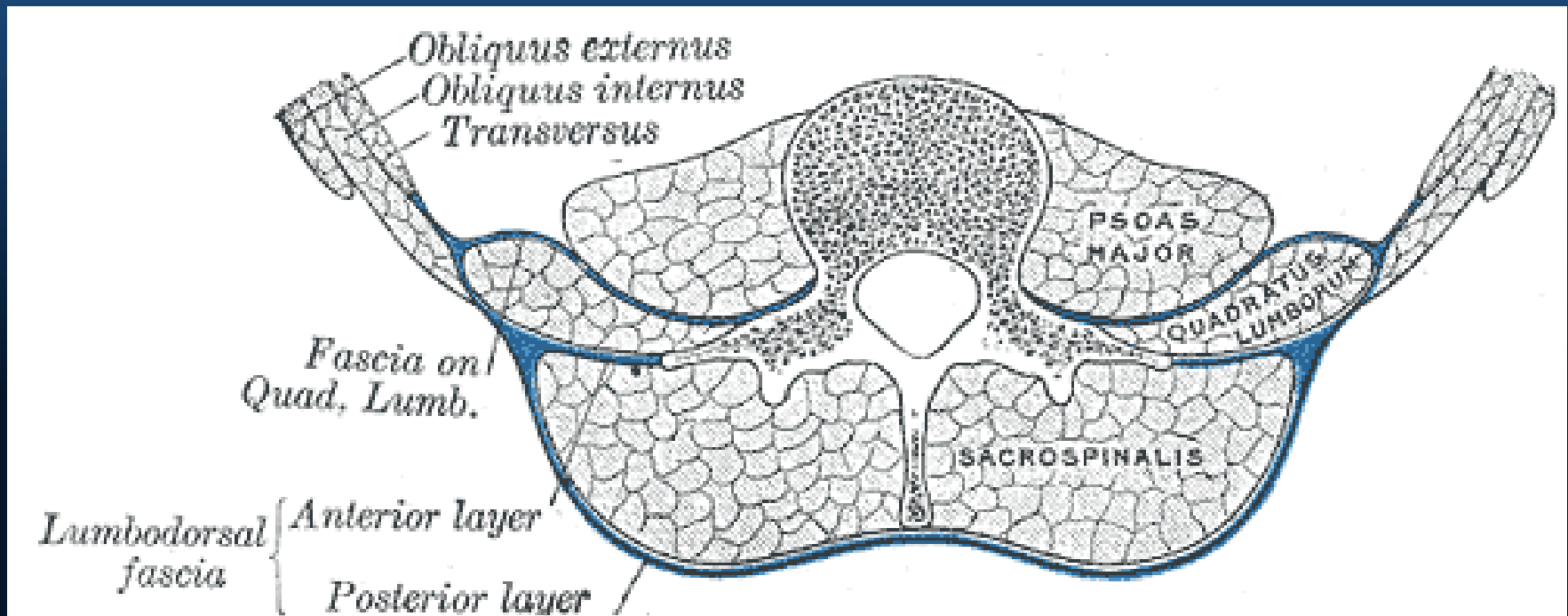


© By Behrang Amini, based on Fig. 1 from Orcutt TW. Hernia of the superior lumbar triangle. Ann Surg. 1971 Feb;173(2):294-7.

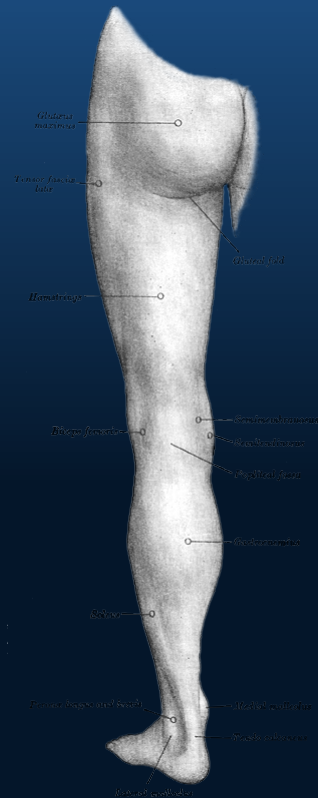
Key Structures Involved in the Back



Key Structures Involved in the Back



Key Structures Involved in the Back



- Key Muscles
 - Gluteus maximus
 - Hamstring

Where to Get More Information

Spinal Health & Core Training

An Interdisciplinary Approach for Health,
Fitness, Rehabilitation and Performance



Part 2 - Assessing the Back

Assessing the Back

- Assessing
 - Setting (444)



Assessing the Back

- Assessing
 - Squatting (205)



Assessing the Back

- Assessing Flexion
 - Single Knee to Chest (403)



Part 3 - Important Back Injury Recovery Exercises

Important Back Injury Recovery Exercises

- Components

1. Warm up
2. Hip Range of Motion – passive, Active, mobility
3. Stretching
4. SMR
5. Balance



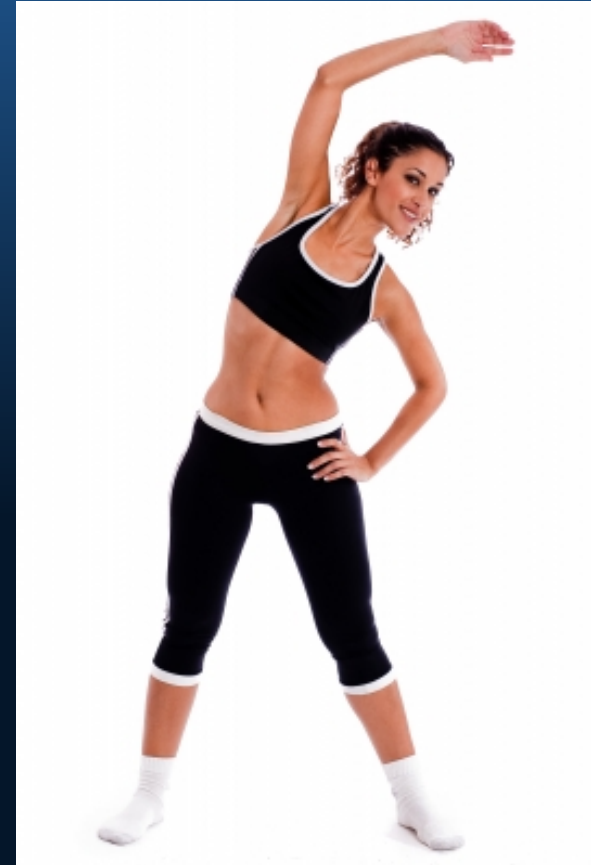
Important Back Injury Recovery Exercises

- Components
 7. Leg Patterns – squatting, lunging, stepping
 8. Upper Body Patterns – push, pull, press
 9. Gluteus Medius
 10. Gluteus Maximus



Important Back Injury Recovery Exercises

- Components
 - 12. Core Stability –
bilateral, unilateral,
endurance,
resisting rotation,
anti-movement
 - 13. Activity Specific



Where to Get More Information

- Muscle Imbalances Revealed – Upper Body

- Component #2 – Avoiding Common Programming Bloop and Blunders with Tony Gentilcore



Important Back Injury Recovery Exercises

- Wall Hand Positions

1. *Palms Down*
2. *Forearms*



Important Back Injury Recovery Exercises



- Wall Hand Positions

3. *Triangle*
4. *Genie*

Important Back Injury Recovery Exercises

- Wall Hand Positions

5. *Open Hands (Push-up Position)*
6. *Closed Fist*



Important Back Injury Recovery Exercises



- Wall Hand Positions

7. *Finger Tips*
8. *Foam Roller*

Where to Get More Information

- Muscle Imbalances Revealed – Upper Body

- Component #4 – Advanced Core Training & Conditioning with Dean Somerset



Important Back Injury Recovery Exercises

- Core Wall Routine

- *Triangle Front Wall Plank(184)*
 - 1 set of 5 repetitions and progress to 10
 - For a hold and progressing to 10 seconds
 - Increase the body angle
 - Daily



Important Back Injury Recovery Exercises

- Core Wall Routine
 - *Small Lean Side Wall Plank (185)*



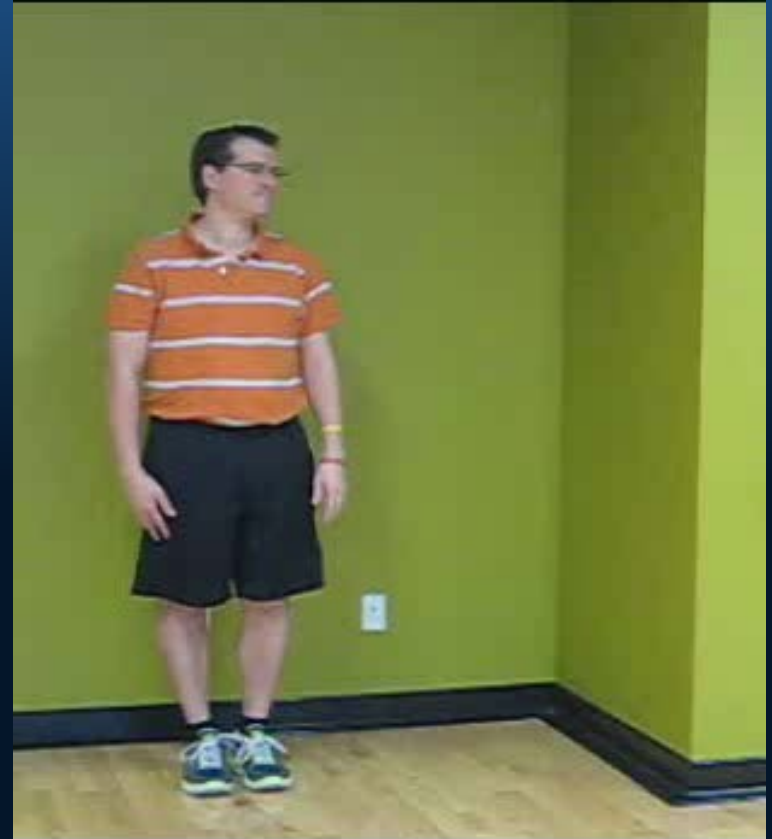
Important Back Injury Recovery Exercises

- Core Wall Program
 - *Bilateral Corner Retractions (345)*



Important Back Injury Recovery Exercises

- Core Wall Program
 - *Front Plank to Push Up (186)*



Important Back Injury Recovery Exercises

- Core Wall Program
 - *Front to Side Wall Plank (187)*



Important Back Injury Recovery Exercises

- Core Wall Program
 - *Bilateral Corner Shoulder Extension (346)*



Important Back Injury Recovery Exercises

- Core Wall Program

- *Front Plank with High Knees (188)*



Important Back Injury Recovery Exercises

- Core Wall Program
 - *Side Plank with Leg to Side (189)*



Important Back Injury Recovery Exercises

- Core Wall
Program
 - *Unilateral Corner Retractions (348)*



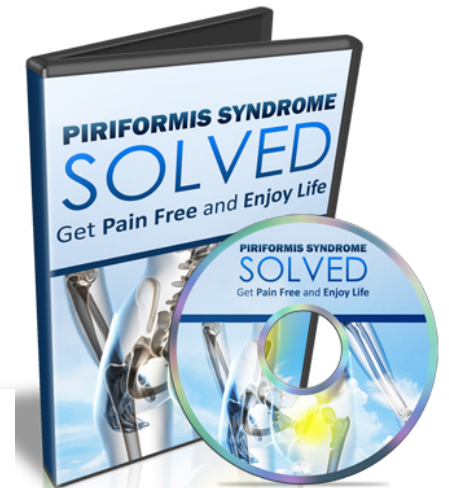
Important Back Injury Recovery Exercises

- Core Wall
Program
 - *Triangle Plank with Hip Out (347)*



Other Injuries

- Shin Splints
- Meniscus Tear
- Patellofemoral Pain Syndrome
- Sacroiliac Pain
- Plantar Fasciitis
- Piriformis Syndrome
- Lumbar Fusion
- Achilles Tendinitis
- Jumper's Knee
- Tennis Elbow



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More FREE Information on Exercise & Injuries

- \$299 Fitness Education
 - Returning the Shoulder Back to Optimal Function Seminar
 - Exercise Modification for the Sensitive Shoulder Seminar
 - Visit www.ExercisesForInjuries.com

Thank You

- Send me your questions!
- Rick Kaselj
 - support@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com

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