

# Exercise Program for Spondylolysis and Spondylolisthesis

If you have spondylolysis or spondylolisthesis, performing home exercises can help manage pain and speed healing.

There are 4 exercises in this program: Double Knee to Chest, Child's Pose, Seated Abdominal Bracing, and Curl Ups.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do double knee to chests: Lie on your back with your knees bent.

Hug both knees to your chest. Keep your lower back on the floor.

Hold for 15 to 30 seconds, then relax. Repeat 3 times.

To do child's pose: Kneel on the floor and sit back on your heels.

Lean forward and stretch your arms out in front of you with your palms down. Try to keep your buttocks against your heels as much as possible.

Relax your neck and let your forehead gently rest against the floor. Reach as far in front of you as possible.

Hold for 15 to 30 seconds, then relax. Repeat 3 times.

To do seated abdominal bracing: Sit upright in a chair with your feet flat on the floor.

Tighten your belly muscles by pulling your belly button towards your spine. Hold for 5 seconds. Continue to breathe normally as you hold. Then relax. Repeat 10 times.

To do curl ups: Lie on your back with your knees bent and feet flat on the floor. Cross your arms loosely over your chest.

Tighten your belly muscles and raise your shoulder blades off the floor. Keep your head in line with your shoulders. Do not tuck your chin to your chest.

Hold for 2 seconds, then lower yourself back down. Repeat 10 times.

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Talk to your healthcare provider or physical therapist about these exercises and others to help manage your back pain.

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