



Spinal Rehab RESEARCH

Effect of Resistance Training on Lumbar Extension Strength

Michael L. Pollock, Ph.D., Scott H. Leggett, M.S., James E. Graves, Ph.D., Arthur Jones, Michael Fulton, M.D., and Joe Cirulli **SOURCE: The American Journal of Sports Medicine**

ABSTRACT: Development of a new testing machine, which stabilizes the pelvis, allowed us to evaluate the lumbar extensor muscles before and after training. Training consisted of 6 to 15 repetitions of full range of motion variable resistance lumbar extension exercise to volitional fatigue and periodic maximal isometric contractions taken at seven angles through a full range of motion. The training group significantly improved in lumbar extension strength at all angles. The data from this research indicate that when the lumbar area is isolated through pelvic stabilization, the isolated lumbar extensor muscles show an abnormally large potential for strength increase.

To read the full article, please visit our website at www.Back2Strength.net.



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(1) Patients take responsibility for their own care. (2) Some discomfort is expected, at which point it is worked through. Our focus is to restore functional ability, in addition to obtaining pain relief. (3) We rely on objective measurements of strength, endurance and flexibility to gauge progress. (4) We incorporate specialized exercise equipment that provides resistance over a full, or selected, limited range of isolated lumbar motion. (5) We develop a strength curve to monitor and compare the patient's strength and range of motion to established norms.

Client Spotlight



Cindy VanOrdstrand/Spinal Rehab Client

I came to Back2Strength after a friend referred me. She was able to recover from years of chronic neck pain by training with Ed Collins.

I hurt my back on Christmas Day in 2005. Bending over became an excruciating ordeal. In the next several months, I tried three different massage therapists, two chiropractors, and an acupuncturist. None of them provided any lasting relief.

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CLIENT SPOTLIGHT *continued*

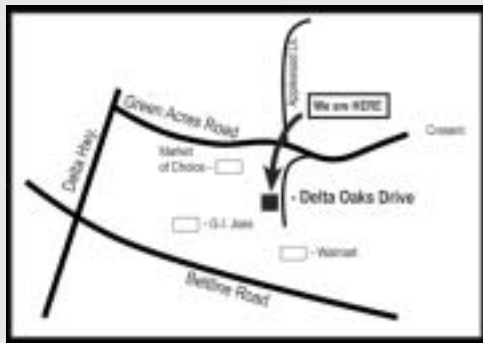
Finally, I remembered my friend and her experience with Back2Strength.

A couple of visits with Dr. Gittins relieved my pain. I was then referred to Ed Collins. At first, I worked out twice a week, then once per week. I felt safe from possible injury as I was strapped into the equipment and supervised by Ed. My strength has grown steadily, and I have been pain free for almost two years now. I can perform daily chores without fear of reinjuring myself. Though I have strengthened my lower back muscles, the benefits I have derived from this program go beyond this area.

Every summer, my husband and I enjoy watersports with our children. In the past, I could count on weeks of recovery after wakeboarding and kneeboarding. I seemed to injure my arms easily, constantly straining myself. Now, other than normal soreness, I can enjoy these activities without fear of pain.

As a professional woman in my fifties, I know the loss of bone density is a real concern. I feel confident that as long as I am in this program, I will stay stronger longer. I also have peace of mind knowing I will be able to work in my chosen field until I am ready to retire.

I would not hesitate to recommend this program to anyone!



~ **Our Mission is to relieve pain, restore function and reduce the need for spinal surgery.** ~

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THANK YOU...

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