Back in Control

Spinal Stability/Mobility Workshop

MPPT In-Service: Angela Scamardella PT, DPT

Objectives

01 Anatomy & Structure

02 Assessment Before Protocol

03 Mobility Training

04 Muscle Activation

05 Spine Protocol

Understanding the Low Back

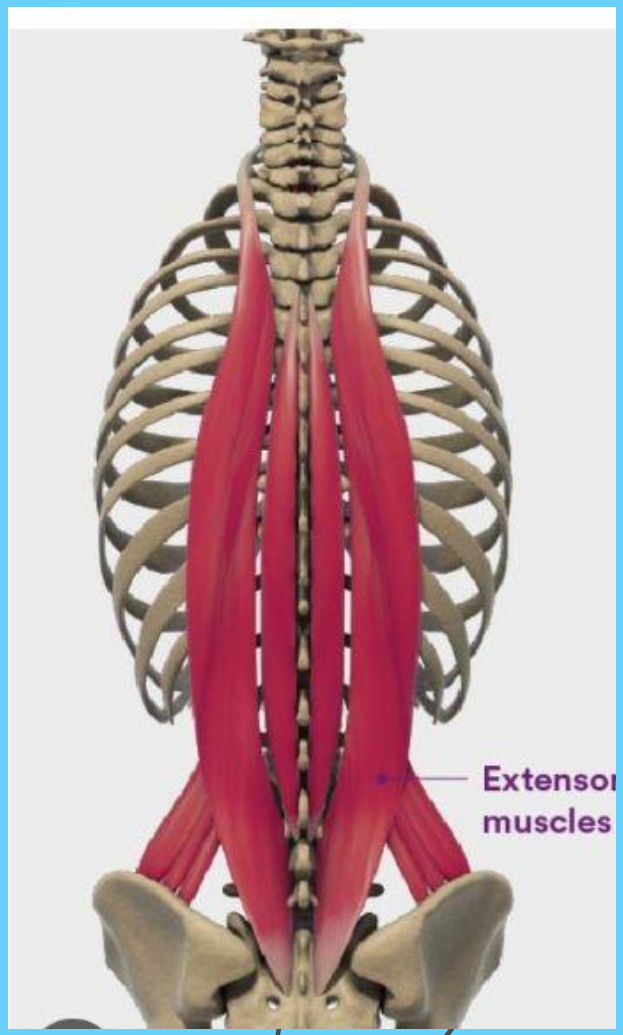
- When we talk about the spine, we're really talking about the foundation of your entire body's movement system.
- Your spine isn't just a stack of bones- it's a dynamic structure that has to balance two key things- **Mobility and Stability!**
- This workshop is going to inform you on the different ways to continue to enforce normal healthy movement required for our everyday functions.
- We will also discuss common causes of pain/discomfort and how these can be assessed through a Physical Therapy Evaluation.

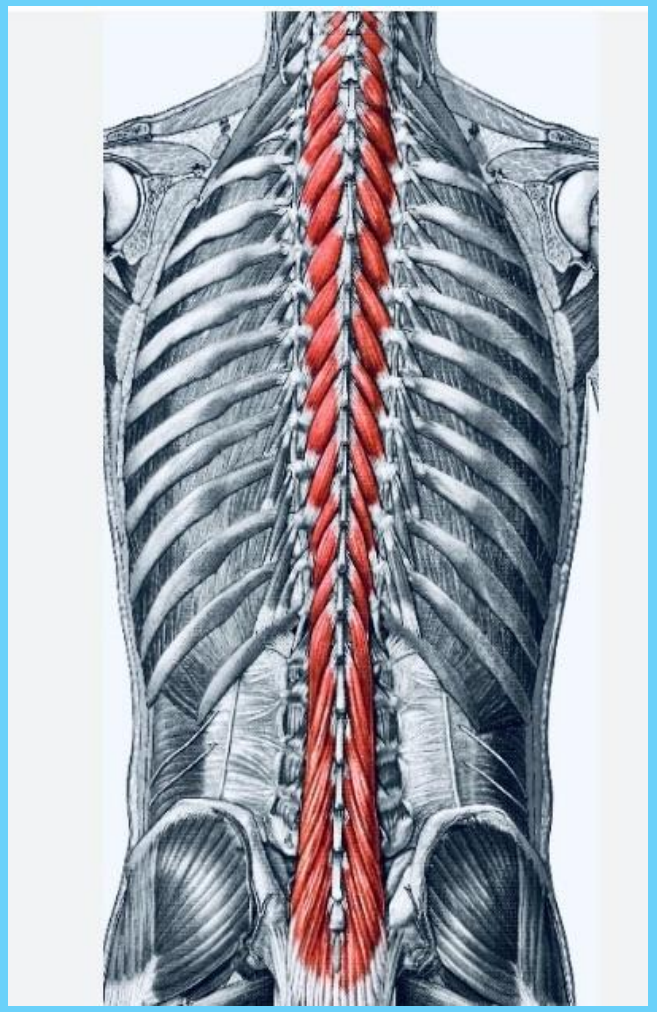
Stability vs. Mobility

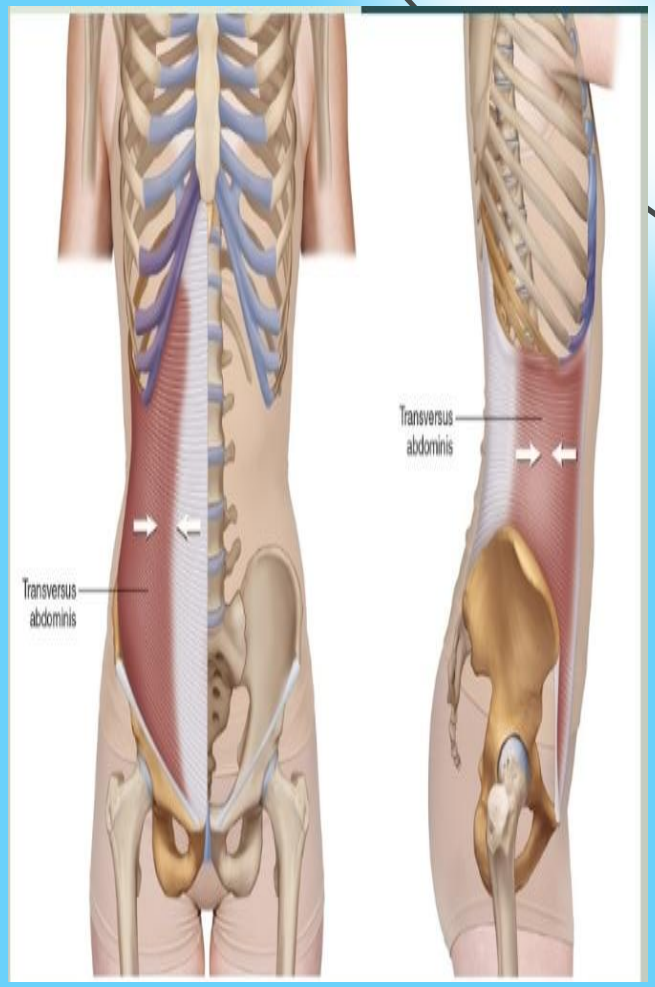
- **Spinal Mobility:** refers to the spine's ability to move freely and efficiently through its full ROM.
  - **Why it Matters?** If your spine is too stiff, your body will try to compensate somewhere else, often in the low back or pelvis/hip region.

- **Spinal Stability:** the ability to maintain control and support of the spine during movement or load, preventing injury and enhancing performance.
  - **Why it Matters?** Training the muscles that can keep your spine aligned to prevent any excess strain or shearing on the vertebrae or ligaments. (Disc degeneration, herniated disc, etc.)

Anatomy & Structure







Assessment Before Protocol

- Postural assessment to identify muscle imbalances
- Lumbar extension
- Fingertip to floor test
- Overhead Deep Squat
- Active Straight Leg Raise
- Rotary Stability

Mobility Training

- Lumbar trunk rotations
- Half kneeling thoracic rotations with adduction squeeze
- 90/90 banded rows w/ added spinal flexion
- Seated resisted good mornings

Core & Low-back Muscle Activation

- Posterior pelvic tilt with TA draw in
- Glute bridge w/ lat pull down iso and alternating hip flexion
- Deadbugs
- Birddogs
- Palloff press (anti-rotation)

Spine Protocol

1. Lumbar trunk rotations (book openers)
2. Half-kneeling thoracic rotation w/ adduction squeeze
3. 90-90 banded rows with spinal flexion
4. Glute bridge w/ lat pull down iso and hip flexion
5. Deadbugs
6. Birddogs

Thank you for Listening!

Questions?