

# Spinal Twist Tracks

By Lino Panetta, DC, FCCSS(C)

While our previous articles on primary strategies for rehabilitation of lumbar disc injury have focused on the restoration of *Extension*, a safe return to activities of daily living and/or work-related duties depends upon a restoration of mobility and stability in all planes.

The lumbar discs are most at risk for injury when spinal loading occurs in conjunction with flexion and rotation. In the **acute care phase**, the selection of active assisted and self stretching exercises that *stress extension* and *avoid flexion/rotation* are preferred (see previous articles *Hip Extension Dysfunction, Rehab for Acute back Pain: Part 1 Symptomatic*

*Disc Bulges, Active Assisted Ball Stretches, Golf Rehab Part 1: Flexibility*). However, once antalgia and radiculopathy is resolved, rehabilitation strategies should challenge patients through a graduated program of progressive flexibility and stability exercises.

The following is an outline of such a strategy: **Spinal Twist Tracks**. This series of exercises will restore flexion and rotation of the lumbar spine. While spinal loading is limited to avoid re-injury, these exercises do place a stress on the lumbar discs and should be restricted to pain free ranges only. ●

## SPINAL TWIST TRACK<sup>1</sup>:



Fig.1 & 2. Double knee rolls



Fig 3. Single knee rolls



Fig 4. Seated spinal twist

### REFERENCE:

- 1 The BackTracks Program, Dr. Lino Panetta



Doctor Lino Panetta is a 1989 graduate of NYCC, a member of the Canadian Society of Chiropractic Evaluators, a Fellow in the College of Chiropractic Sports Sciences, and a chiropractic consultant for EuroCan Rehab, Inc. He maintains a private practice with emphasis on low-tech rehabilitation and has designed The BackTracks Program, a complete system for the addition of low-tech rehabilitation to a chiropractic practice.

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