APPENDIX J

Herniated Discs and Degenerative Joint Disease Protocol

**Level 1: Weeks 1 to 3**
Introduce the below exercises for 1 to 3 sets of 20-second holds. Progress to 1 to 3 sets of 90- to 120-second holds by adding 10 to 15 seconds each session.
- Anti-extension
  - Superman
- Anti-rotation
  - C.A.R.P with tubing

**Level 2: Weeks 4 to 6**
Introduce the below exercises for 1 to 3 sets of 6 to 8 reps. Progress to 1 to 3 sets of 8 to 15 reps.
- Hip extension
  - CSD with noodle
- Hip ABD/ADD
  - CSD with abd/add

**Level 3: Weeks 7 to 12**
Introduce the below exercises for 1 to 3 sets of 6 to 8 reps. Progress to 1 to 3 sets of 8 to 15 reps.
- Squat/dead-lift variations
  - Overhead squat
  - DL with wall reach
  - Swing with DB (one hand/two hand)
- Step ups
  - Linear to box
  - Linear to box with medicine ball
  - Lateral to box
  - Lateral to box with medicine ball
- Lunge series
  - Linear to box
  - Retro from box
  - Linear to box with medicine ball
  - Retro from box with medicine ball