

### **Book Review**

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**Title:** Lumbar Spinal Stabilization: Floor Exercises

**Authors:** Murphy DR, Liebenson C, Ierna GF

**Publisher:** 2006, OPTP, Minneapolis, MN Phone: 800-367-7393 Web: [www.optp.com](http://www.optp.com)

**Reviewer:** Peter Huijbregts, PT, DPT, OCS, FAAOMPT, FCAMT

This patient education booklet written by three physicians is divided in 6 parts first describing preparatory exercises consisting of pelvic tilt and abdominal bracing variations, followed by dead bug, bridging, quadruped, lunge and squat, and prone exercises. All exercises are low-tech in that they require no equipment. The exercises are described succinctly yet clearly and they are each illustrated with 1 to 4 black-and-white photographs. Each exercise has room for hand-written instructions allowing the clinician to tailor the exercise program to the patient. Although the authors describe abdominal hollowing, the basis for all exercises is abdominal bracing with the low-level general muscle activation proposed by McGill for lumbopelvic stabilization. All exercises are done from a position described as spinal neutral but the illustrations show this to be a flat back posture. The exercises described are very basic, but having the choice of 35 exercises that allow for progression of spinal loading in various positions should make this booklet an option for clinicians seeking such a handout for their patients.