

	CA/CA Applicant Daily Training Log			
	Name:		Date of Hire:	
Training Date	Exercise/NMR Activity	Applicant Time	Notes	Supervising Chiropractor Signature
	Reactivation: Cat-Camel. Performed with the patient in the quadruped position, hands placed directly under the shoulders, knees directly under the hips. The patient slowly alternates movements between flexion and extension of the spine. This is not a stretch, rather a continuous movement throughout the range. 5-10 repetitions are performed directly after arising in the morning or before other exercise			
	Preparation: Abdominal Hollowing This exercise directly activates the transversus abdominus muscle and creates co-contraction of the lumbar multifidii muscles. The patient is instructed to lay supine with the knees bent. The transversus abdominis is palpated medially to the ASIS. The patient is asked to draw the navel towards the spine without losing the neutral lumbar lordosis. The patient can monitor this by placing a hand in the small of the back and feeling for increased pressure on their hand. When performed correctly there should be no noticeable increase in pressure. If the patient has trouble activating the transversus abdominis this can be trained by teaching a Kegel exercise to activate the pelvic floor which in turn activates the transversus abdominis. This can be achieved by activating the muscles that are used to interrupt urination in mid-stream. Sets: 2 Reps: 5-10 Hold: 8-10 sec. Several times per day.			
	Preparation: Abdominal Brace. This is an activation of the abdominal and back muscles through an isometric contraction without flexing the torso. Performing an abdominal brace is very simple. The patient should pretend they are about to be pushed or hit and they will "automatically" brace. The patient is instructed to hold this contraction while breathing normally for several counts. Sets: 2 Reps 5-10 Hold: 8-10 sec. Several times per day			
	Rehabilitation: Abdominal Curl-Ups One hand is placed under the spine to preserve the neutral position. One knee is flexed, the other straight to lock the pelvis and lumbar spine in neutral. The patient is asked to engage an abdominal brace. Normal breathing is maintained. The head and shoulders are raised off the ground. Hold 7-8 seconds. Repetitions and sets are prescribed in a progression known as a reverse pyramid. First set of 5 reps, second set 4 reps, third set 3 reps.			

	<p>Rehabilitation: Abdominal Curl-Ups. Advanced. Perform as above adding 5 deep or labored breaths. Repetitions and sets are prescribed in a progression known as a reverse pyramid. First set of 5 reps, second set 4 reps, third set 3 reps.</p>			
	<p>Rehabilitation: Dead Bug Track. Start position and Phase 1. The patient is instructed to lie on their back with knees bent, feet on the floor. The abdominal brace is engaged. The spine is held neutral and not allowed to flatten or arch at any time. Normal breathing should be maintained From this start position, the arms are held vertically and raised over head to the floor one at a time. Hold: None. Sets: 3 Reps 5,4,3 (reverse pyramid) each arm.</p>			
	<p>Rehabilitation: Dead Bug Track. Phase 2 From the start position, both arms are slowly raised overhead. Hold: None Sets: 3 Reps: 10,9,8</p>			
	<p>Rehabilitation: Dead Bug Track. Phase 3 From the start position, one leg is extended while alternately sliding one heel on the floor then the other. Hold: None Sets: 3 Reps: Alternate 5,4,3 each leg</p>			
	<p>Rehabilitation: Dead Bug Track. Phase 4 From the start position the feet are raised and hips and knees are held at a 90 degree angle, arms vertically overhead. One leg is extended, then the other. Hold: None Sets: 3 Reps: Alternate 5,4,3 each leg</p>			
	<p>Rehabilitation: Dead Bug Track. Phase 5 From the start position the feet are raised and hips and knees are held at a 90 degree angle, arms vertically overhead. Opposite arm and leg extension movements are combined. Hold: None Sets: 3 Reps: Alternate 5,4,3 each leg/arm combination.</p>			
	<p>Rehabilitation: Dead Bug Track. Heavy ball. A variation involves the feet raised with hips and knees held at a 90 degree angle, arms vertically overhead A heavy ball is placed in the hands and the arms and legs are slowly rotated in the opposite direction while the brace and breathing are obtained. Hold: None Sets: 3 Reps: Alternate 5,4,3 each direction</p>			
	<p>Rehabilitation: Side Bridge The patient is instructed to lie on their side, propped up on the forearm. The abdominal brace is engaged. Knees and hips are flexed. The exercise is performed by extending the hips to lift the pelvis up a few inches from the floor. Breathe and maintain abdominal brace. For patients with difficulty the opposite hand can be used to assist the lift. Pressing on the shoulder with the opposite arm can assist those with shoulder difficulties. Hold: 8 seconds Sets: 3 Reps: 5,4,3</p>			
	<p>Rehabilitation: Side Bridge, Advanced 1 A more challenging version starts with the thighs in the plane of the torso. The abdominal brace is engaged. The pelvis is then lifted. A small forward and backward turn can be added. Hold: 8 seconds Sets: 3 Reps: 5,4,3</p>			
	<p>Rehabilitation: Side Bridge, Advanced 2 More challenging still, a straight leg side bridge can</p>			

	<p>performed. Patient extends legs in the plane of the torso. The upper foot is placed slightly in front of the lower foot on the mat. The abdominal brace is engaged. The pelvis is lifted. A forward turn to a roll over can be attempted.  Hold: 8 seconds Sets: 3 Reps: 5,4,3  *Note: Not depicted on DVD production.</p>			
	<p>Rehabilitation: Quadruped or Bird Dog Phase 1  From the hands and knees position, the patient is instructed to engage the abdominal brace. Normal breathing is maintained. The spine is kept in neutral with the head aligned with the body. Single arm is raised to a forward reaching position. This is repeated with the opposite arm.  Hold: None. Sets: 3 Reps 5, 4, 3 (reverse pyramid) each arm.</p>			
	<p>Rehabilitation: Quadruped or Bird Dog Phase 2  From the hands and knees position, the patient is instructed to engage the abdominal brace. Normal breathing is maintained. The spine is kept in neutral with the head aligned with the body. A single leg dragged to extension, the dorsum of the foot maintaining contact with the mat. This is repeated with the opposite leg.  Hold: None. Sets: 3 Reps 5, 4, 3 (reverse pyramid) each leg.</p>			
	<p>Rehabilitation: Quadruped or Bird Dog Phase 3  From the hands and knees position, the patient is instructed to engage the abdominal brace. Normal breathing is maintained. The spine is kept in neutral with the head aligned with the body. A single leg is raised to extension, kept in alignment with the torso. Care must be taken to avoid twisting of the pelvis.  Hold: None. Sets: 3 Reps 5, 4, 3 (reverse pyramid) each leg.</p>			
	<p>Rehabilitation: Quadruped or Bird Dog Phase 4  Cross-crawl. From the hands and knees position, the patient is instructed to engage the abdominal brace. Normal breathing is maintained. The spine is kept in neutral with the head aligned with the body. A single leg is raised to extension and kept in alignment with the torso. A single arm is raised to a forward reaching position. Care must be taken to avoid twisting of the pelvis. The arm and leg are then returned to neutral, the back of the hand “sweeping” the mat to touch the opposite knee before returning to a neutral stance. This is repeated with the opposite limbs.  Hold: None. Sets: 3 Reps 5, 4, 3 (reverse pyramid) each leg/arm combination.</p>			
	<p>Rehabilitation: Bridging 1  Variation 1: The patient lies on their back with knees bent. Abdominal brace is engaged. Normal breathing. Hands placed at the sides, palms up. Fingers spread wide. The neutral spine is maintained. The pelvis is raised off the floor into the bridge position and held. Do not let the back arch or flatten. Slowly lower back to start position.  Hold: 3-5s 3 Reps: 5,4,3 (reverse pyramid).</p>			
	<p>Rehabilitation: Bridging 2  Variation 2: The patient lies on their back with knees bent.</p>			

	<p>Abdominal brace is engaged. Normal breathing. Hands placed at the sides, palms up. Fingers spread wide. The neutral spine is maintained. An in-elastic belt or band is placed around the thighs. Thighs are pressed against the band during the bridge. The pelvis is raised off the floor into the bridge position and held. Do not let the back arch or flatten. Slowly lower back to start position. Hold: 3-5s 3 Reps: 5,4,3 (reverse pyramid).</p>			
	<p>Rehabilitation: Bridging 3 Variation 3: The patient lies on their back with knees bent. Abdominal brace is engaged. Normal breathing. Hands placed at the sides, palms up. Fingers spread wide. The neutral spine is maintained. The pelvis is raised off the floor into the bridge position and held. Slowly lower back to start position. Rapid alternating heel raises are introduced while bridge is maintained. Do not let the back arch or flatten. Slowly lower back to start position. Hold: Variable-Perform 10 heel raises on each side. Sets: 3 Reps: 5,4,3</p>			
	<p>Rehabilitation: Bridging 4 Variation 4: The patient lies on their back with knees bent. Abdominal brace is engaged. Normal breathing. Hands placed at the sides, palms up. Fingers spread wide. The neutral spine is maintained. The pelvis is raised off the floor into the bridge position and held. Do not let the back arch or flatten. While holding the bridge one leg is extended then returned. Repeat with opposite side. Slowly lower back to start position. Hold: 3-5s Sets: 3 Reps: 5,4,3 (reverse pyramid).</p>			
	<p>Rehabilitation: Bridging 5 Variation 5: The patient lies on their back with knees bent. Abdominal brace is engaged. Normal breathing. Hands placed at the sides, palms up. Fingers spread wide. The neutral spine is maintained. One leg extended. The bridge is performed with the opposite leg. The pelvis is raised off the floor and held. Avoid dropping the pelvis on one side. Do not let the back arch or flatten. Slowly lower back to start position. Repeat with opposite side. Hold: 3-5s Sets: 3 Reps: 5,4,3 (reverse pyramid) each leg.</p>			
	<p>Rehabilitation: Back Extension on the Ball 1 Patient starts by kneeling behind the exercise ball, resting their trunk over the ball and placing hands lightly behind head. <b>DO NOT PRESS ON NECK.</b> Abdominal brace is engaged. The head and neck are lowered. Begin by raising the head, neck and upper back until head and arms are parallel to the floor.  Hold: up to 10 s Sets: 2 Reps 5-10</p>			
	<p>Rehabilitation: Back Extension on the Ball 2 Patient starts by kneeling behind the exercise ball, resting their trunk over the ball and placing hands lightly behind</p>			

	<p>head. DO NOT PRESS ON NECK. Abdominal brace is engaged. The head and neck are lowered. Begin by by raising knees off the floor and extending the trunk at the same time.</p> <p>Hold: up to 10 s Sets: 2 Reps 5-10</p>			
	<p>Rehabilitation: Front Bridge on Ball  Patient kneels in front of the ball, engages the abdominal brace and leans forward placing elbows on the ball. The abdominal brace is maintained while holding a straight line throughout the knee, hip, shoulder and neck.</p> <p>Hold: 8 seconds Sets: 3 Reps: 5,4,3</p>			