

Referral from consultant

SESSION 1

Assessment

Outcome measures - BPI and RMDQ  
Education about spine, spinal muscles and exercise

SESSION 2

AIM – Knowing how to activate deep stabilising muscles (trans abs and pelvic floor)

Finding neutral spine  
Correct breathing  
Introduction of U cue with supine knee to side  
Correct posture and pelvic floor muscles in sitting  
Deep neck flexors  
Deep abdominals in side lying  
Sitting with stabiliser muscles on and lifting one arm

SESSION 3

AIM - Activating the deep stabilisers adding the deep back muscles (multifidus)

Correct breathing moving one arm  
Deep neck flexors  
Turning on the deep back muscles  
Sitting with stabiliser muscles on and lifting one arm  
Rotating the thoracic spine  
Introduction of the U cue with supine knee to side  
Deep back muscles in standing  
Standing posture with the three deep stabilisers working as a team

SESSION 4

AIM – Learning to switch on the gluteal muscles whilst keeping hamstrings relaxed

The U cue with supine knee to side  
Rotating the thoracic spine  
Bottom muscles:  
Four point kneeling  
Activating glut medius  
Glut muscles pushing ball into wall  
Deep back muscles in standing  
Standing and moving one arm

SESSION 5

AIM – Activating stabilisers including gluteals with slow and controlled movement

Glut hamstring differentiation in prone  
Glut muscles pushing the ball into the wall  
Four point kneeling with thoracic spine rotation  
Glut med in sitting side to side  
Sitting on the ball neutral spine crossed arms  
Standing and moving one arm  
Eccentric calf exercises  
Squats with ball against wall

Letter sent to GP to advise of participation on Bounceback course

NOT MEETING SESSION AIMS?

Evaluation of problem exercises  
Forward treatment plan:  
Lido Spinal Programme  
MedX lumbar equipment  
Manual therapy

### SESSION 6

AIM – Learning to maintain neutral spine while transferring and supporting body weight  
Glut med in sitting on ball side to side  
Bending with resistance  
Hip extension using ball  
Bridge on the floor  
Four point kneeling with T/S flexion rotation  
Standing and moving side to side  
Eccentric calf exercises

### SESSION 7

AIM – Everyday movements using the appropriate muscles  
Hip extension using ball  
Bridge on the floor  
Glut med in sitting side to side  
Forward flexion of the trunk in sitting  
Twisting the thoracic spine  
Modified lunge in kneeling  
Standing on one leg  
Sit to stand from the ball

### SESSION 8

AIM – Strengthening in functional positions and gaining stability on one leg  
Thoracic spine rotation sitting  
Side to side on the ball lifting heel  
Bridge on the ball  
Flexion/rotation with exercise band  
Modified lunge in kneeling  
Glut med in standing  
Squats without ball  
Standing on one leg

### SESSION 9

AIM – Progressing to functional movement to get back to normal activity  
Side to side lifting one leg  
Thoracic spine rotation sitting with exercise band  
Standing with foot on the ball  
Flexion/rotation with exercise band  
Bridge on the ball  
Glut med in standing with additional challenge  
Lunging with trunk upright  
Squats with weight transfer

### SESSION 10

Debrief of Bounce back course  
Re-assessment of outcome measures  
Discussion regarding future treatment options and self management

INTERMEDIATE BOUNCEBACK SESSIONS

Communication with consultant  
advising of specific problem  
exercises and forward treatment  
planning

NOT MEETING SESSION  
AIMS?

Evaluation of problem exercises  
Forward treatment plan:  
Lido Spinal Programme  
MedX lumbar equipment  
Manual therapy

Letter to GP to advise of  
course completion and  
outcome measures pre and  
post Bounce Back sessions

Letter to consultant  
Feedback on progression of  
exercises  
Outcome measures pre and  
post course

