

**UCSF Sports Medicine**  
Lumbar Stabilization Protocols and Test

## Lumbar stabilization protocol (*Modified Watkins-Randall*)

Exercise	Level I	Level II	Level III	Level IV	Level V
<b>Partial sit-ups</b> Forwards & Diagonal	3 x 10 each	3 x 20 each	3 x 30 each 2.5 #	3 x 30 each 5 #	3 x 50 each 5 #
<b>Dying Bug</b>	2 minutes Slow Pace One foot on ground	2 minutes Moderate Pace Heel Taps	3 minutes Moderate Pace Heel Taps	5 minutes Moderate Pace 3 # arms, legs	10 minutes Moderate Pace 5 # arms, legs
<b>Bridge</b> On floor	3 minutes Both feet on floor Hold 10 seconds	3 minutes Alternate legs Hold 10 seconds	4 minutes Alternate legs Hold 10 seconds	5 minutes Alternate legs Hold 10 seconds	7 minutes Alternate legs Hold 10 seconds
<b>Superman</b> Prone extension	2 minutes Alternate arm/ opposite leg	2 minutes Arms / legs up Elbows bent	3 minutes Arms / legs up Elbows bent 2 # legs	4 minutes Arms / legs up 3 # legs	5 minutes Arms / legs up 5 # legs
<b>Quadruped</b> Alternating Arms / legs	2 minutes Slow reps	2 minutes Hold 15 seconds	3 minutes Hold 15 seconds 5 # legs	4 minutes Hold 15 seconds 3 # arms, 5 # legs	5 minutes Hold 30 seconds 3 # arms, 5 # legs
<b>Wall Squat</b> 90 degrees Back flat, no hands	1 minute hold	1.5 minute hold	2 minute hold	3 minute hold	5 minute hold
<b>Lunges</b> Alternate Legs	1 minute Slow reps Partial Dips Slow transition	2 minutes 15 second hold Partial Dips Moderate transition	3 minutes 15 second hold 90 Degrees Quick transition	3 minutes 15 second hold 90 Degrees Quick transition 3 # arms	5 minutes 15 second hold 90 Degrees Quick transition 5 # arms
<b>Prone Plank</b> On forearms	30 seconds	1 minute	2 minutes	3 minutes	5 minutes