

Low Back Stretching and Strengthening Exercises



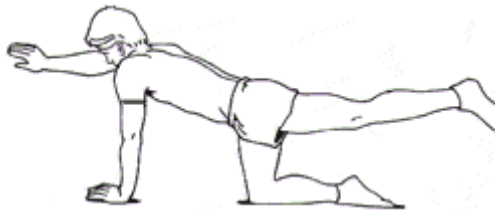
KEEP EACH LEG STRAIGHT AND LIFT THE LEG 6-8 INCHES FROM FLOOR ALONG WITH THE OPPOSITE ARM.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		



LYING ON YOUR STOMACH WITH A PILLOW UNDER YOUR HIPS LIFT YOUR HEAD TRUNK AND LEGS (KEEPING THEM STRAIGHT) ABOUT 8-10 INCHES OFF THE GROUND.

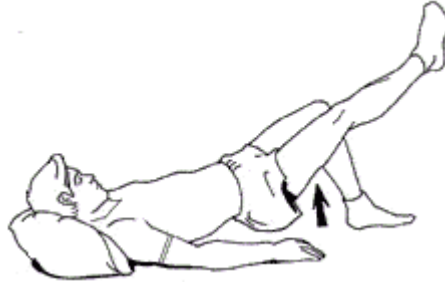
Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		



START ON YOUR HANDS AND KNEES KEEPING YOUR BACK FLAT. RAISE THE OPPOSITE ARM AND LEG THEN REPEAT ON THE OTHER SIDE. DO NOT ARCH YOUR NECK OR BACK.

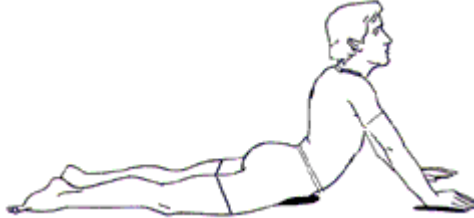
Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

Continued...



SLOWLY RAISE BUTTOCKS FROM FLOOR KEEPING STOMACH TIGHT. WHILE YOUR BOTTOM IS OFF THE FLOOR STRAIGHTEN THE LEG OUT AS ILLUSTRATED AND THEN REPEAT ON THE OTHER SIDE.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		



PRESS UPPER BODY UPWARD INTO POSITION SHOWN KEEPING HIP IN CONTACT WITH FLOOR. KEEP LOW BACK AND BUTTOCKS RELAXED.

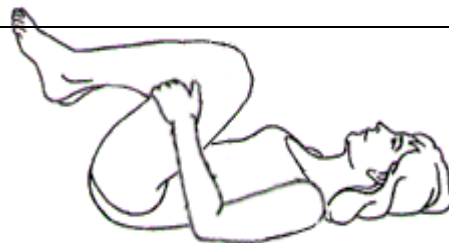
Repeat:	3 times	Sets:	0
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	1 /day		

If you have any questions, don't hesitate to call.



LIE ON YOUR BACK WITH YOUR KNEES BENT. CROSS ONE LEG OVER THE KNEE OF THE OTHER LEG. LET THE LEGS STRETCH TOWARD THE FLOOR AND OBTAIN A ROTATIONAL STRETCH OF THE LOWER BACK.

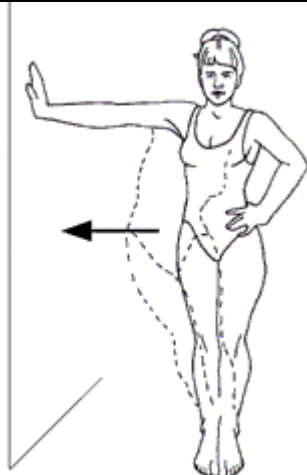
Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	1 /day		



PULL BOTH KNEES IN TO CHEST UNTIL A COMFORTABLE STRETCH IS FELT IN THE LOWER BACK AND BUTTOCKS. KEEP THE BACK RELAXED.

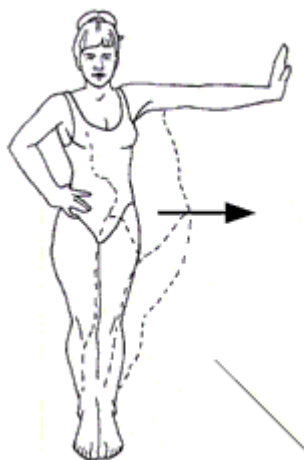
Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	1 /day		

Continued...



WITH THE RIGHT HAND ON THE WALL AND THE LEFT HAND ON THE HIP SLOWLY STRETCH THE HIPS TOWARD WALL. STAND UP TALL AND KEEP THE ARM STRAIGHT WHEN PERFORMING THIS EXERCISE. DO NOT TWIST.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	1 /day		



WITH THE LEFT HAND ON THE WALL AND THE RIGHT HAND ON THE HIP SLOWLY STRETCH THE HIPS TOWARD WALL. STAND UP TALL AND KEEP THE ARM STRAIGHT WHEN PERFORMING THIS EXERCISE. DO NOT TWIST.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	1 /day		