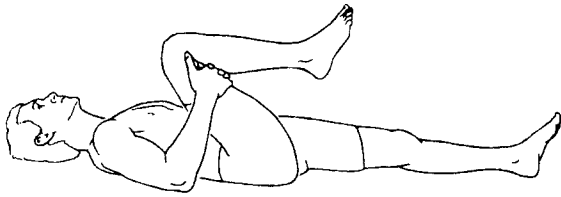


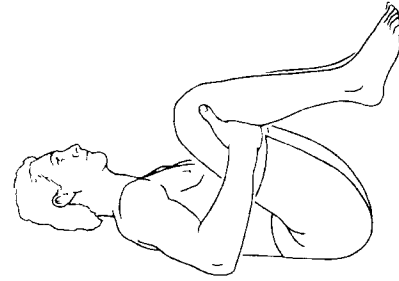
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

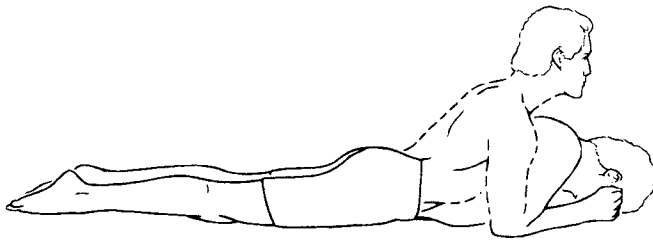
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

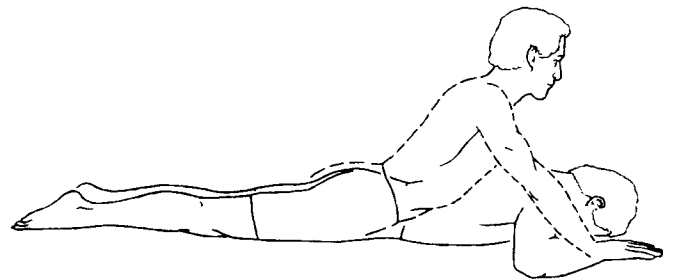
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

BACK - 2 Press-Up

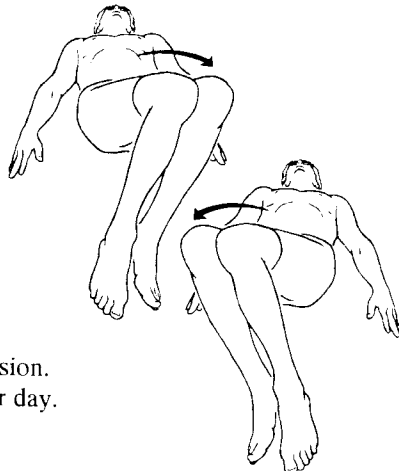


Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

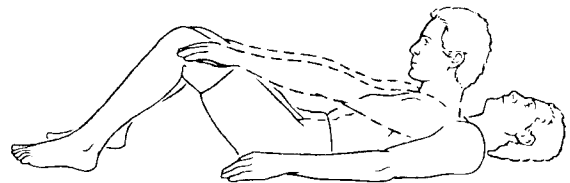
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly.



Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

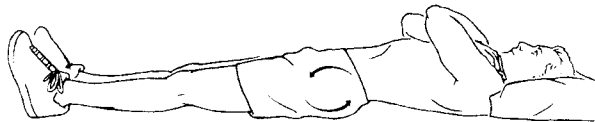
BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.

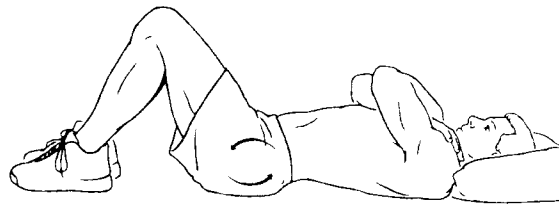
Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

BACK - 60 Pelvic Tilt: Anterior – Legs Straight (Supine)



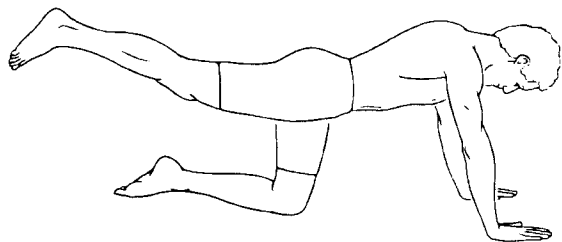
Rotate pelvis up and arch back. Hold 10 seconds. Relax.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 61 Pelvic Tilt: Anterior – Legs Bent (Supine)



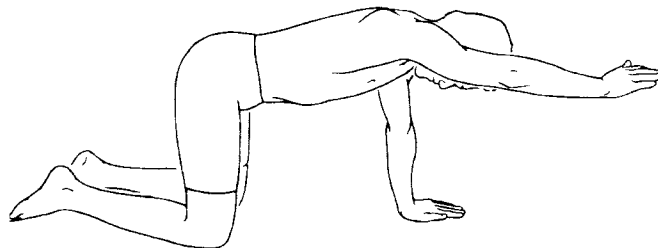
Rotate pelvis up and arch back. Hold 10 seconds. Relax.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 8 Hip Extension (All-Fours)



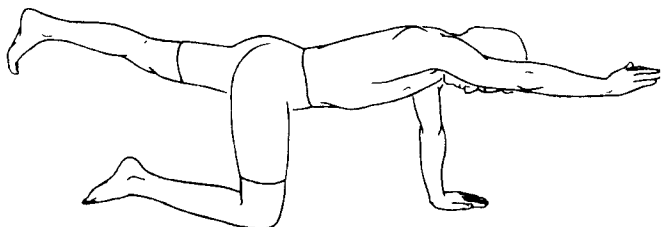
Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 9 Upper Body Extension (All-Fours)



Raise right arm in front. Do not arch neck. Be sure to keep back flat.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)



Raise right arm and opposite leg. Do not arch neck.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.