

## Exercises

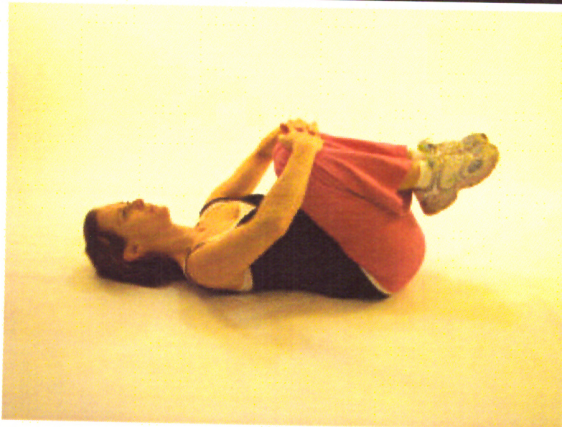
### Lumbar Spine Stretch - Single Knee to Chest



1. Pull one knee in to your chest until a comfortable stretch is felt in lower back and buttocks.
2. Repeat with other knee.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Lumbar Spine Stretch - Double Knee to Chest



1. Pull both knees in to your chest until a comfortable stretch is felt in lower back. Keep back relaxed.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

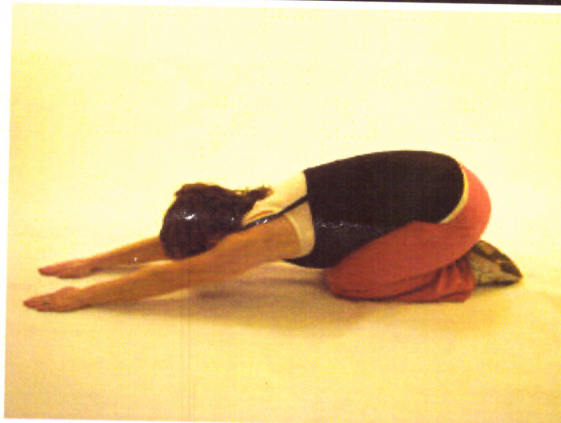
### Lumbar Spine Stretch - Lower Trunk Rotation



1. Keeping back flat and feet together, rotate knees to one side.
2. Repeat on other side.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

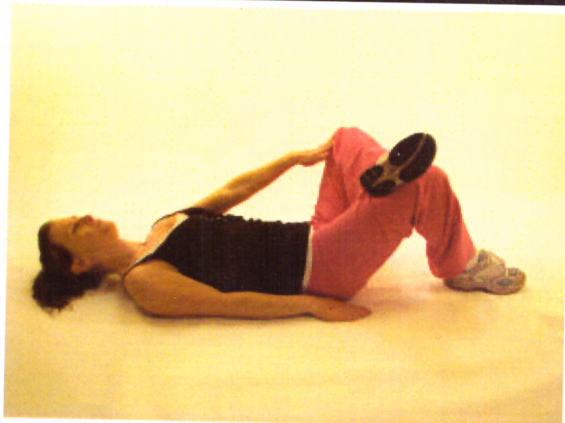
### Lumbar Spine Stretch - Mid Back



1. Push chest toward floor, reaching as far forward as you can.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

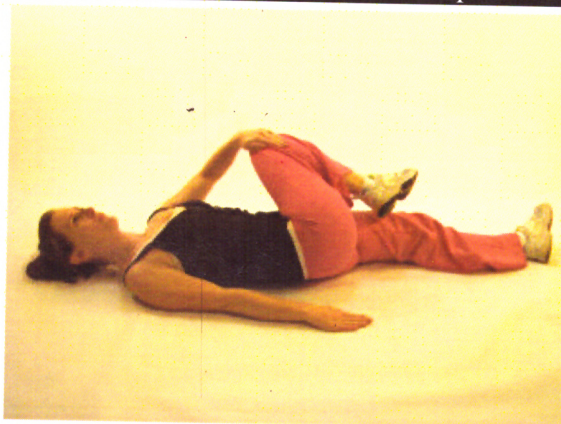
### Lumbar Spine Stretch - Pretzel



1. Rest foot on opposite leg/knee.
2. Gently press down on crossed leg/thigh.
3. Stretch should be felt in the hip or buttocks.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Lumbar Spine Stretch - Hip



1. Start with knee bent at approximately 90 degrees.
2. Gently pull knee across midline of your body to feel stretch on outside of hip area or into buttocks.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.



## Exercises (continued)

### Lumbar Spine Stretch - Lower Back Extension



1. Lie on your stomach with elbows at your side.
2. Press up on your elbows.
3. Hold the stretch.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Lumbar Spine Stretch - Piriformis Sitting



1. Bend your knee and place ankle next to straight leg.
2. Grab the side of your thigh.
3. Pull knee across body. Sit up straight.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

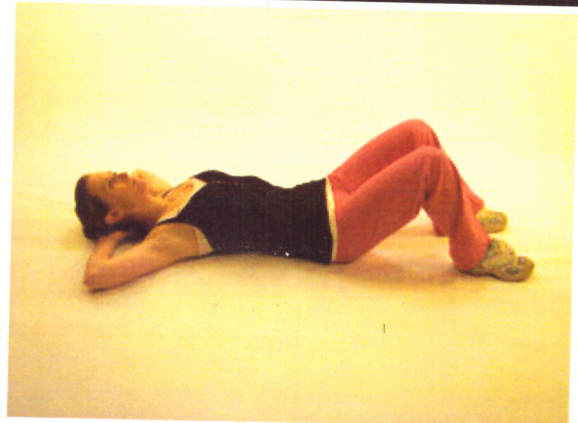
### Lumbar Spine Stretch - Hip Flexor



1. Kneel on your involved side.
2. Stretch your body forward.
3. Feel stretch in your hip/thigh.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

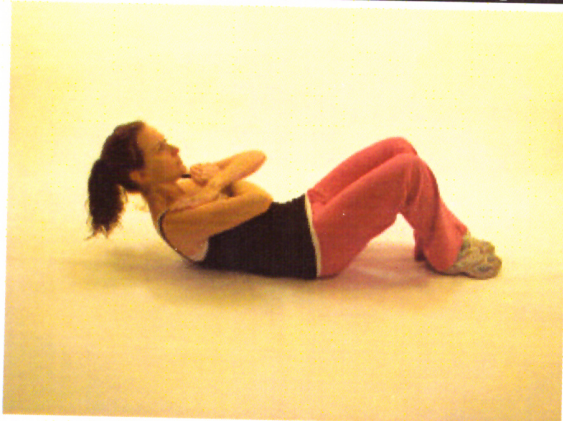
### Lumbar Spine Strength - Pelvic Tilt



1. Lie on your back with both knees bent.
2. Flatten your back to the floor.
3. Relax up.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

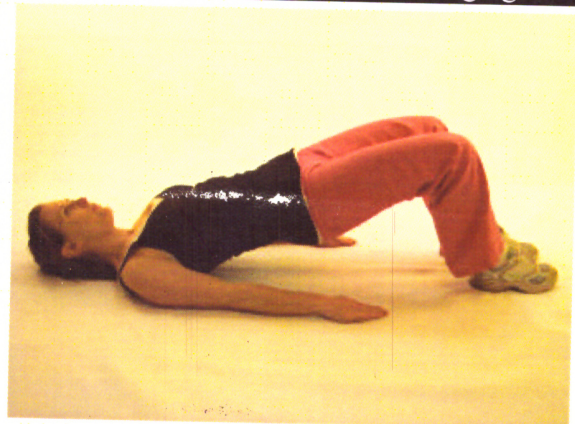
### Lumbar Spine Strength - Curl Up



1. Keeping arms folded against chest, tilt pelvis to flatten back.
2. Raise head and shoulders from floor.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Lumbar Spine Strength - Bridging



1. Lie on your back with your knees bent.
2. Lift your hips so your back is in a straight line.
3. Lower and repeat.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.



## Exercises (continued)

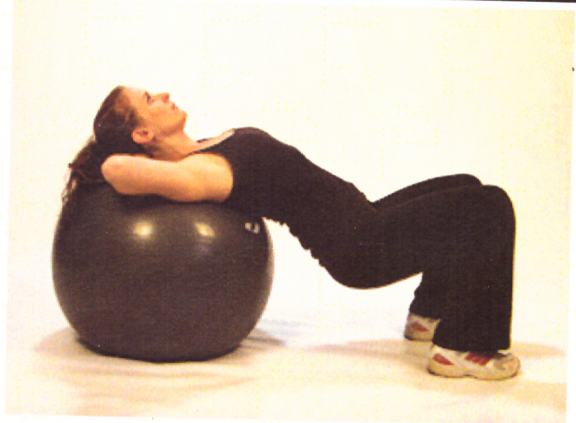
### Lumbar Spine Stretch - Cat/Camel



1. Start on your hands and knees.
2. Arch back up toward ceiling.
3. Then sag back down toward floor.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

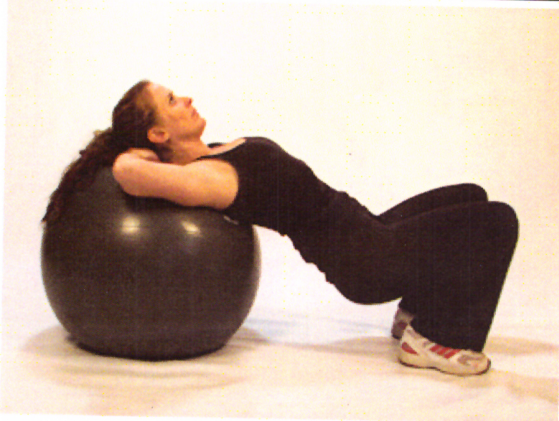
### Posterior Pelvic Tilt/Bridge Up A



1. Start with head and shoulders on ball.

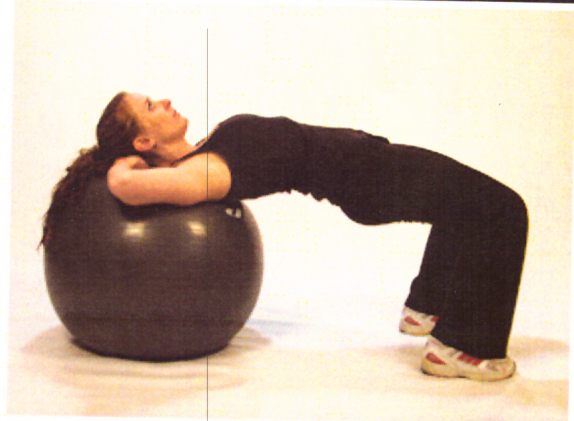
Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Posterior Pelvic Tilt/Bridge Up B



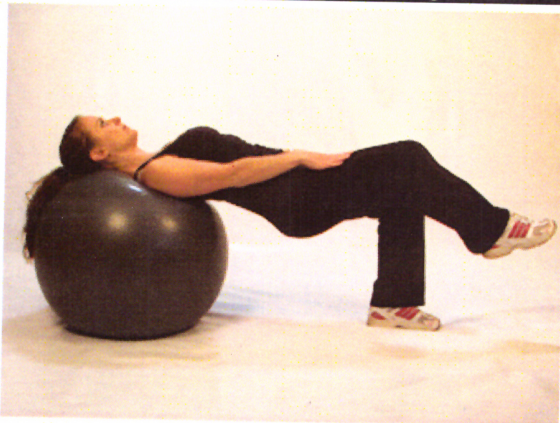
2. Roll back toward ball.

### Posterior Pelvic Tilt/Bridge Up C



3. Bridge up to straight back and legs bent.

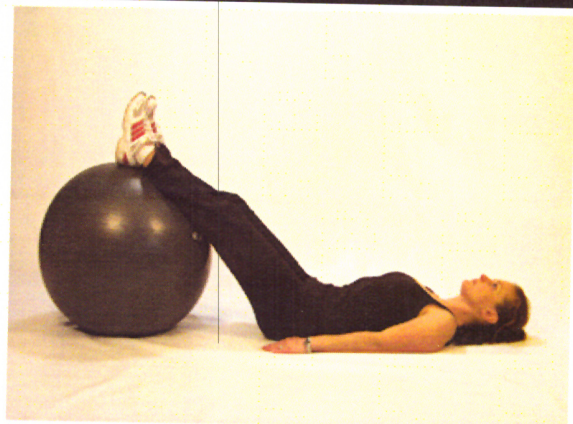
### Hold Bridge/Bent Leg



1. Start with head and shoulders on ball.
2. Raise leg in bent position.
3. Hold bridge position.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.

### Bridge and Roll A



1. Start with back flat on floor.
2. Legs straight and feet on ball.

Hold for 10 secs. - Repeat 10 times. - Do 3 times per day.