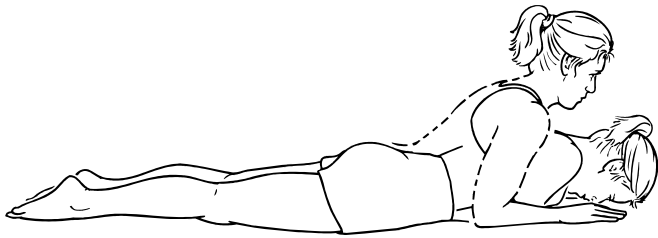
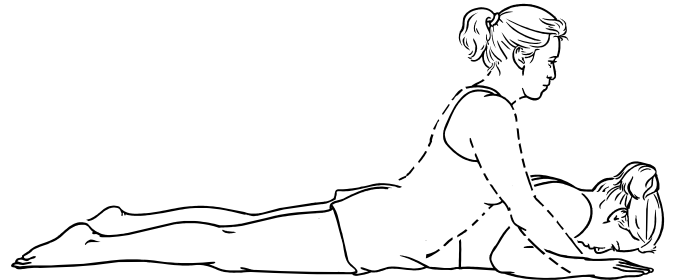


LOWER BACK - 1 On Elbows (Prone)



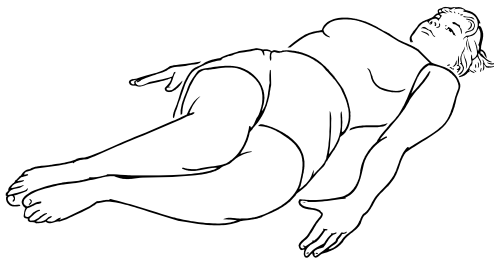
Rise up on elbows as high as possible, keeping hips on floor.
Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

LOWER BACK - 2 Press-Up



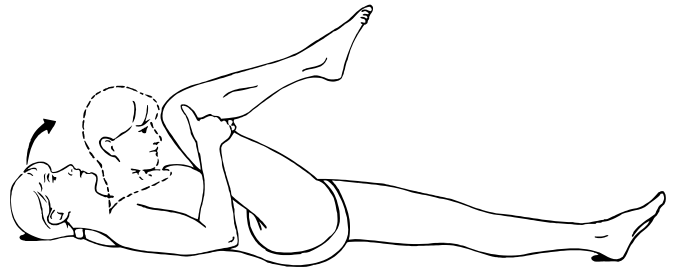
Press upper body upward, keeping hips in contact with floor.
Keep lower back and buttocks relaxed. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

LOWER BACK - 3 Lower Trunk Rotation Stretch



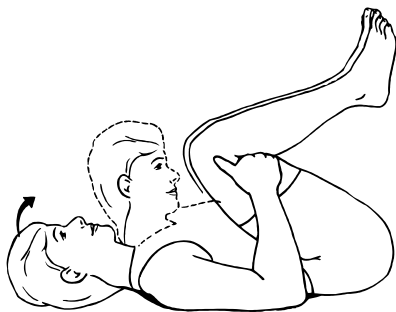
Keeping back flat and feet together, rotate knees to right
side. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

LOWER BACK - 4 Extensors / Gluteal



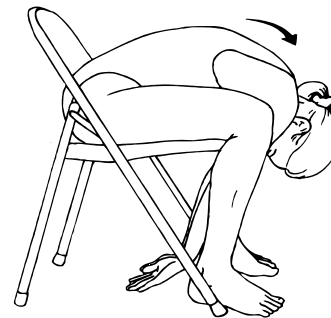
Bring knee to chest and hold. For more stretch, bring head to
knee and hold. Hold ____ seconds. Repeat with other knee.
Repeat ____ times. Do ____ sessions per day.

LOWER BACK - 5 Extensors / Gluteal



Bring both knees to chest and hold. For more stretch, bring
head to knees and hold. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

UPPER BACK - 1 Upper and Mid Extensors



Lean forward until stretch is felt. For greater stretch, move
arms toward back legs of chair. To return, put forearms on
knees and push up. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold _____ seconds.
Repeat _____ times. Do _____ sessions per day.

UPPER BACK - 3 Rotators

With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold _____ seconds. Repeat to other side.



Repeat _____ times.
Do _____ sessions per day.