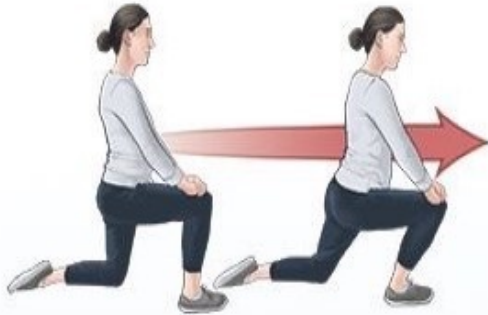


6 STRETCHES

for Back Pain Relief



Kneeling Lunge Stretch



Back Flexion Stretch



Piriformis Muscle Stretch



Chair Hamstring Stretch



Lateral Flexion Stretch



Towel Hamstring Stretch