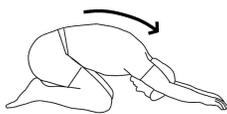


AROM lumbar flx kneeling



- Begin kneeling on floor.
- Sit back on heels.
- Bend forward with trunk, bending head and chin to chest.
- Reach forward with hands, placing them on floor and hold.
- Next walk hands along floor to Rt or Lt side and hold for 5-10 seconds.
- Repeat in the opposite direction.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 5 Seconds between sets.
 Perform 1 repetition every 4 Seconds.

AROM lumbar flx uni knee to chest



- Lie on back.
- Bring one knee up to chest.
- Return to start position.
- Repeat with other knee.

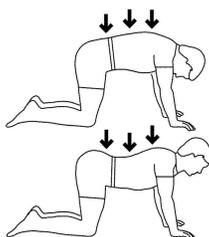
Special Instructions:

It may help to grasp your leg behind your knee and pull to your chest.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM lumbar flx/ext quadruped (Cat-Camel combo)

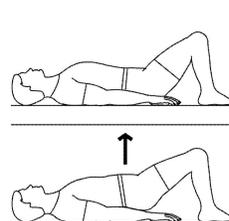


- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM lumbar bridging bil



- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

Maintain neutral spine.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM lumbar alt leg/arm (bird dog)



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

Maintain neutral spine, do not twist.
 Progress by placing weights on ankles and wrists.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.

AROM thoracic rotn quadruped w/straight arm



- Begin on hands and knees with buttocks on heels.
- Bend downward moving elbow to opposite knee, keeping arm straight.
- Rotate backward raising straight arm toward ceiling.
- Repeat with other side.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.