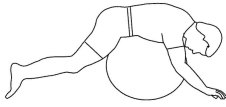


Stretch lumbar flx w/ball



- Lie face down on ball as shown.
- Keep legs and arms a shoulder distance apart and resting on floor for stability.
- Relax and let lower and upper back to stretch.

Perform 1 set of 4 Repetitions, twice a day.

Use Ball.
Hold exercise for 20 Seconds.

Stretch lumbar ext prone on elbows

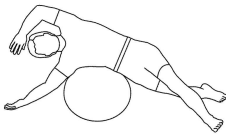


- Lie face down.
- Push up onto elbows.
- Hold position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch lumbar sidebend kneel w/ball



- Half kneel next to ball as shown.
- Lie with side on ball and opposite arm over head..
- Keep legs apart with knees slightly bent for stability.
- Repeat with other side.

Special Instructions:

For more stretch, push shoulder and hip against the ball.

Perform 1 set of 4 Repetitions, twice a day.

Use Ball.
Hold exercise for 20 Seconds.

Stretch lumbar rotn stand w/bent knee

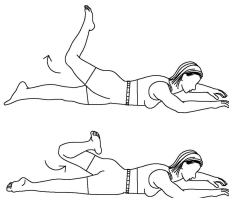


- Place right foot on chair or stool.
- Grasp right knee with left hand.
- Gently pull with left arm and twist trunk to the right.
- Relax and repeat.
- Repeat stretch to the left with the left foot on chair.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch lumbar rotn prone

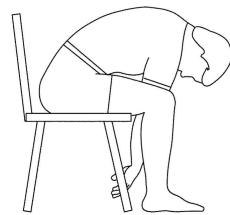


- Lie face down with arms on floor as shown.
- Bend one knee and lift leg and twist trunk so leg moves to opposite side, keeping chest on floor.
- Return to start position and perform with other leg, twisting to other direction.
- Repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch lumbar flx sit



- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.