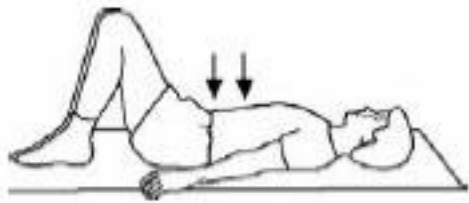




Lower Back Exercises

1. Posterior Pelvic Tilt

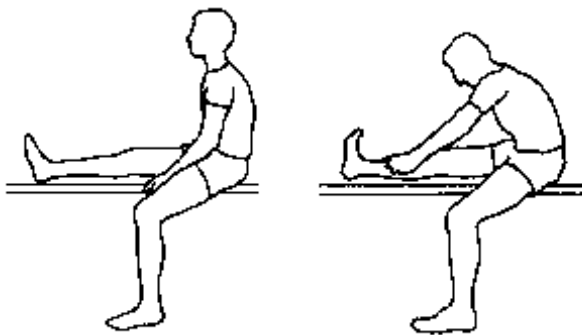


Repeat	10 Times
Hold	5 Seconds
Complete	2 Sets
Perform	2 Times a day

Step-by-step directions:

- Lie on your back on a firm surface with knees comfortably bent
- Flatten your back against the table while tightening buttocks and contracting abdominal muscles as if pulling belly button toward ribs

2. Hamstring Stretch

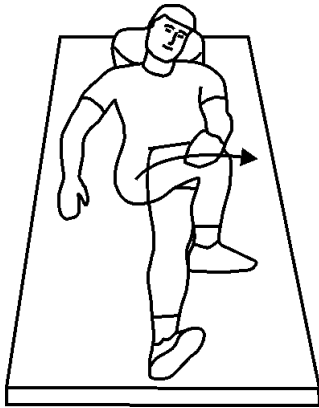


Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- Sit on firm surface with one leg up and the other leg down. (Make sure leg that is down is supported on a floor or stool)
- Keeping outstretched leg straight and back straight, bend forward at the hips until a stretch is felt in the back of the leg that is up.

3. Piriformis Stretch

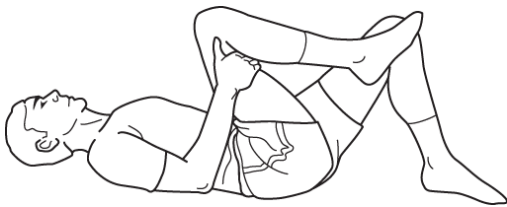


Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- Cross the involved leg over thigh and place elbow over outside of knee.
- Gently stretch buttock muscle by pushing bent knee across body
- Hold for **30 seconds**; relax; repeat.

4. Single Knee to Chest Stretch- SKTC

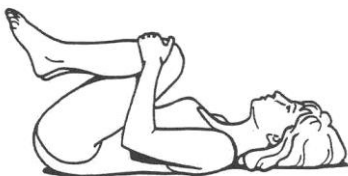


Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- While lying on your back, hold your knee and gently pull it up towards your chest.

5. Double Knee to Chest Stretch- DKTC

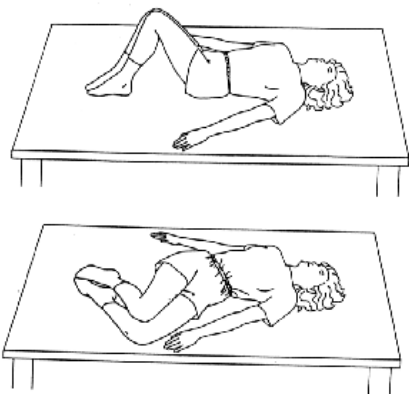


Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- While lying on your back, hold your knees and gently pull them up towards your chest.

6. Lower Trunk Rotations- LTR



Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- Lying on your back with your knees bent, gently move your knees side-to-side

7. Prayer Stretch

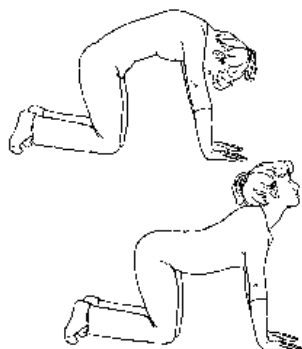


Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	3 Times a day

Step-by-step directions:

- While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

8. Cat and Camel



Repeat	10 Times
Hold	3 Seconds
Complete	2 Sets
Perform	2 Times a day

Step-by-step directions:

- While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.
- Return to a lowered position and arch your back the opposite direction