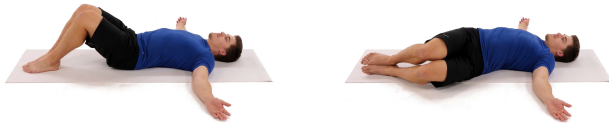




Notes:

1- Lumbar rotation stretch

Lie on your back with your knees bent. Keeping your knees together, lower them to the ground as far as you can on one side and maintain the stretch. Return to the neutral position and repeat on the other side. Do not raise your shoulders off the bed when you lower your knees.



2- Seated trunk rotation

Sit in a chair with your hands on your hips and rotate the trunk on both sides in control. Keep the trunk vertical as you rotate.





3- Double knee to chest



Lie on your back. Pull both knees to your chest with your hands behind the thighs until a comfortable stretch is felt in the lower back. Hold the position.

4- Seated flexion stretch



Sit at edge of chair.
Suck your stomach in and slowly bend the upper body forward, bending vertebra by vertebra from the head down.
Bend forward at the waist (not at the hips) to feel a stretch in the low back.