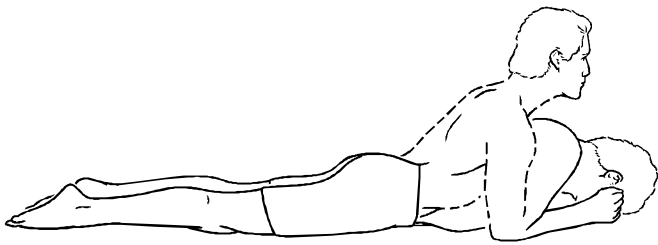
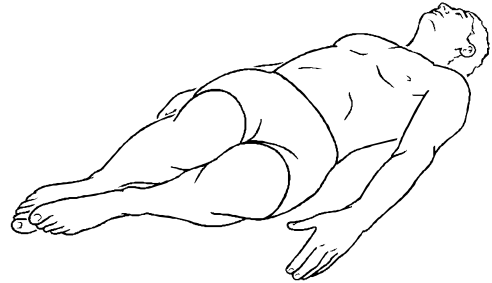


LOWER BACK - 1 On Elbows (Prone)



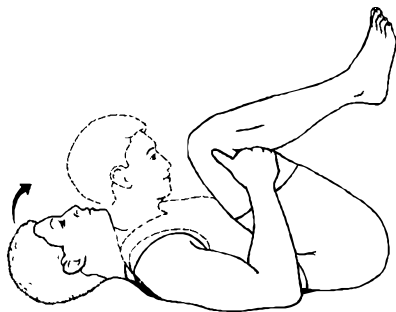
Rise up on elbows as high as possible, keeping hips on floor. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

LOWER BACK - 3 Lower Trunk Rotation Stretch



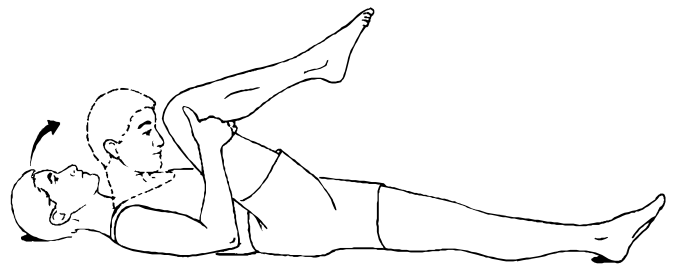
Keeping back flat and feet together, rotate knees to right side. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

LOWER BACK - 5 Extensors / Gluteal



Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

LOWER BACK - 4 Extensors / Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 15 seconds. Repeat with other knee.  
Repeat 3 times. Do 3 sessions per day.

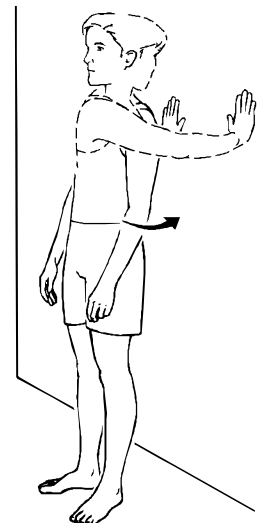
UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

UPPER BACK - 3 Rotators

With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold 15 seconds. Repeat to other side.



Repeat 3 times.  
Do 3 sessions per day.