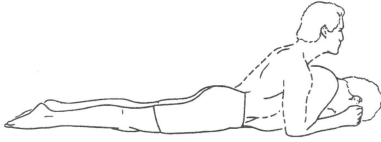


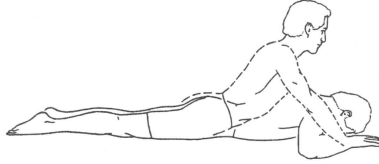
Low Back Flexibility Program

BACK - 1 On Elbows (Prone)



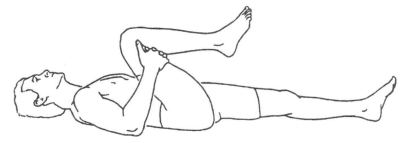
Rise up on elbows as high as possible, keeping hips on floor. Hold ____ seconds.

BACK - 2 Press-Up



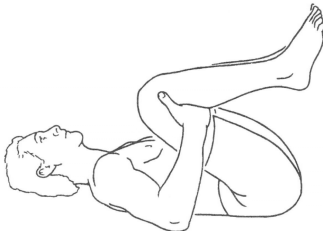
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold ____ seconds.

BACK - 18 Knee-to-Chest Stretch: Unilateral



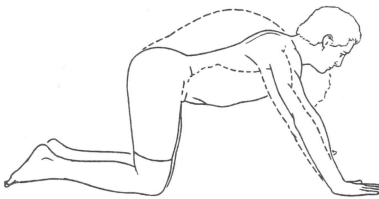
With hand behind knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.

BACK - 14 Angry Cat Stretch



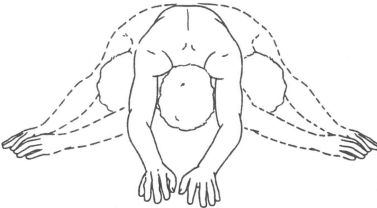
Tuck chin and tighten stomach, arching back.

BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold ____ seconds.

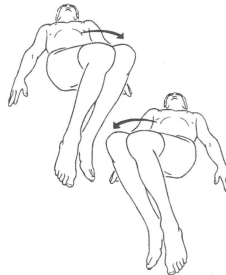
BACK - 21 Mid-Back Rotation Stretch



Reach to each side as far as possible, keeping chest low to floor. Hold ____ seconds.

BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor, slowly rock knees from side to side in small, pain-free range of motion. Allow lower back to rotate slightly.

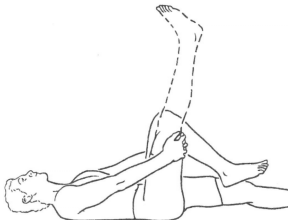


BACK - 54 Lumbar Rotation Stretch



Lie on back with knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold ____ seconds.

BACK - 34 Hamstring Stretch: Active



Support behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold ____ seconds.

HIP / KNEE - 48 Piriformis (Supine)



Cross legs with the leg to be stretched on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold ____ seconds.

BACK - 33 Hamstring Stretch



Reach down along leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight. Hold ____ seconds.