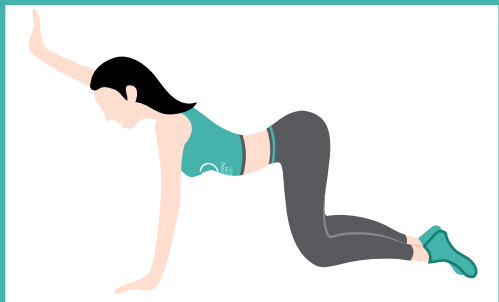




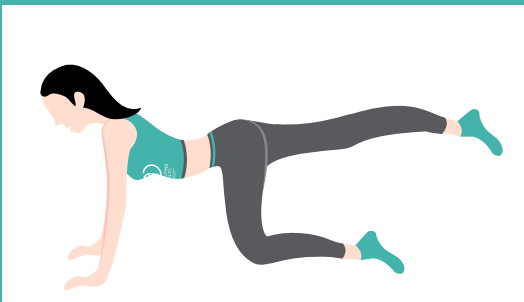
LUMBAR SPINE STRETCH + REHAB



4-POINT KNEELING: ARM RAISE

While on your hands and knees, assume a 'neutral' spine position and contract your lower abdominals. Raise one arm until it is in-line with your body, ensuring your spine and pelvis remain neutral and your shoulders do not tilt to one side. Lower your arm and alternate sides.

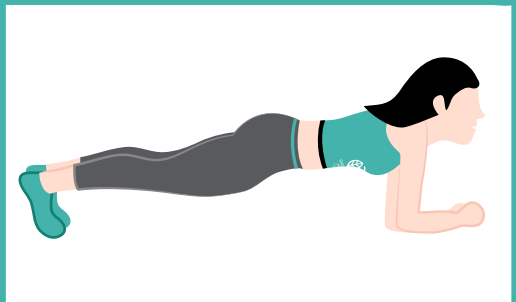
SETS & REPS: 2-3 x 10-20 FREQUENCY: Daily



4-POINT KNEELING: HIP EXTENSION

While on your hands and knees, assume a 'neutral' spine position and contract your lower abdominals. Extend one leg out straight, contracting your gluteals and hamstrings. Ensure your spine and pelvis remain neutral and your hips do not tilt to one side. Lower your leg and alternate sides.

SETS & REPS: 2-3 x 10-20 FREQUENCY: Daily



PRONE BRIDGE

With your forearms and feet on the floor and elbows directly under your shoulders, assume the plank position. Concentrate on keeping the spine in a neutral position and contracting your lower abdominals and gluteals. Hold.

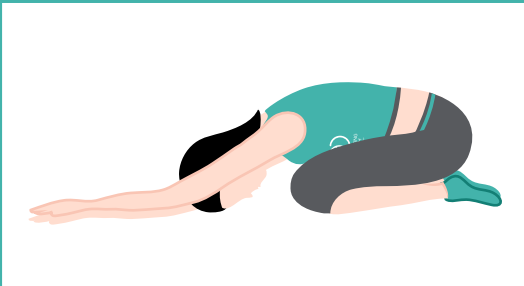
SETS & REPS: 45s - 1 min FREQUENCY: 3 - 4 X Week



MULTIFIDUS ACTIVATION IN SITTING

Sit in a 'neutral' spine alignment and palpate the muscles along the side of your spine. Lean backwards slightly to decrease the muscle tension. Try to 'swell' the muscles out into your thumbs (contracting your lower abdominal muscles may facilitate this). Hold the contraction while breathing normally for 10 seconds. Relax and repeat.

SETS & REPS: 10 reps FREQUENCY: 2 - 3 X Week



LUMBAR STRETCH

Kneeling on the floor, place your hands out in front of you. Sit backwards onto your heels to curve your spine as far as you can. Hold for 30 seconds then relax.

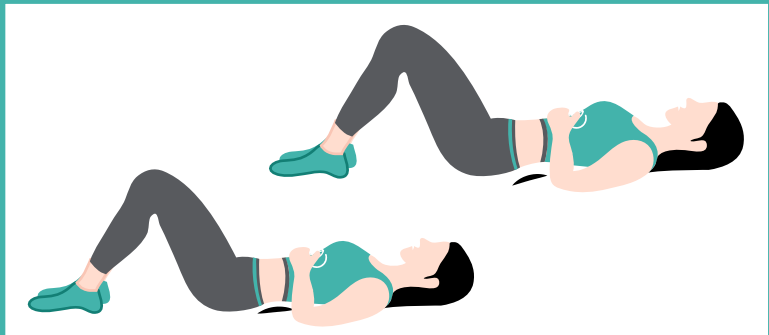
SETS & REPS: 1-3 reps FREQUENCY: 1-3 x day



LUMBAR STRETCH: DOUBLE-LEG ROTATION

Lie on your back with your knees bent, feet on the floor and arms outstretched. Drop your knees to one side as far as you can, rotating your lower back. Try to keep your shoulders on the floor. Hold for 30 seconds then relax. Repeat.

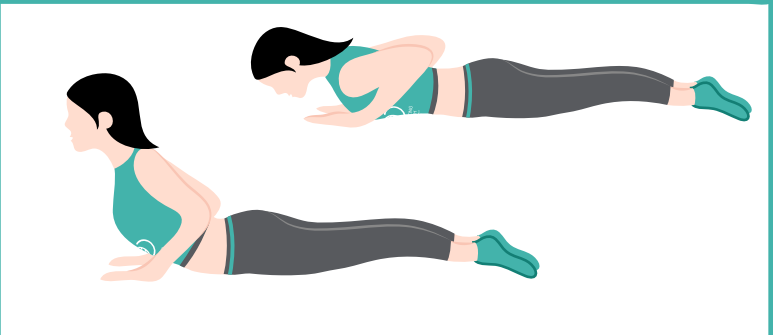
SETS & REPS: 1-3 reps FREQUENCY: 1-3 x day



CROOK-LYING PELVIC TILTS

Lie on your back with your knees bent, feet on the floor and your pelvis and lumbar spine in 'neutral' (1). Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet (2). Hold this contraction while breathing normally for 3 breaths then slowly return to 'neutral' (1). Relax and repeat.

SETS & REPS: 10-20 reps FREQUENCY: Daily



EXTENSION IN LYING

Lying on your front on the floor with your hands under your shoulders (1), push up through your arms to straighten your elbows and extend your spine as far as you are able (2). Lower and repeat.

SETS & REPS: 10-20 reps FREQUENCY: 5-7 x day