

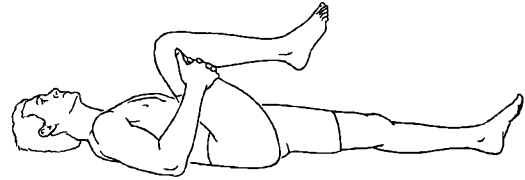


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IMPORTANT NOTE: These are simple exercises anyone could do on daily basis. They are not recommended for any particular diagnosis. Doing these exercises for any specific diagnosis may harm your back. Specific exercises for a specific back condition needs a thorough mechanical assessment. Always consult a qualified medical profession before doing any spine exercises.

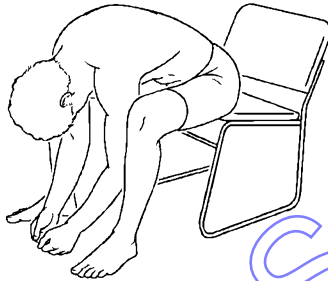
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 2-4 seconds.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

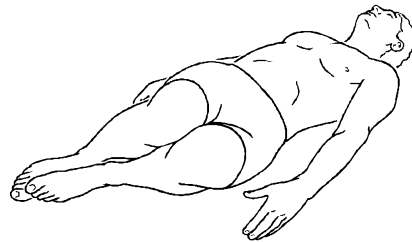
BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold 2-4 seconds.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

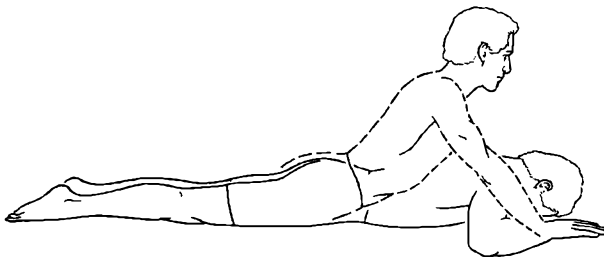
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to left side. Hold 2-4 seconds.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

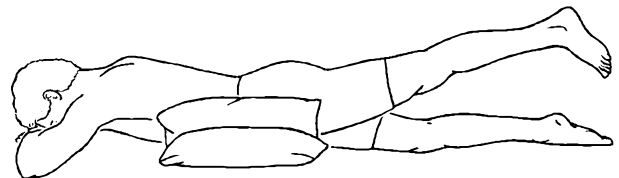
BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 1-2 seconds.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.

BACK - 4 Hip Extension (Prone)



Lift left leg 2-4 inches from floor, keeping knee locked.

Repeat 5 times per set. Do 3 sets per session.
Do 3 sessions per day.