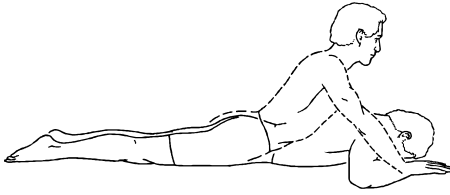
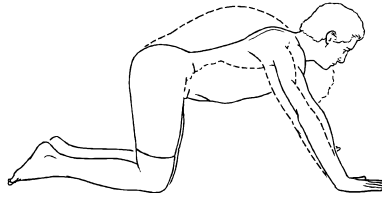


BACK - 2 Press-Up



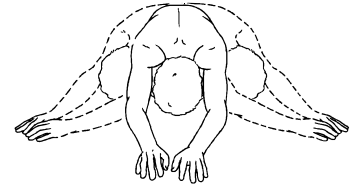
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 10 seconds.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

BACK - 14 Angry Cat Stretch



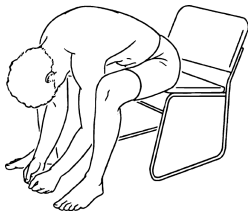
Tuck chin and tighten stomach, arching back.
 Repeat 5-8 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

BACK - 21 Mid-Back Rotation Stretch



Reach to each side as far as possible, keeping chest low to floor. Hold 10 seconds.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

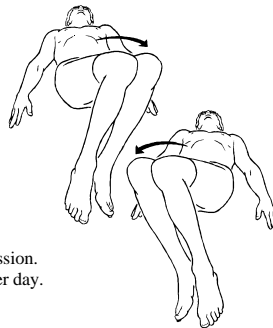
BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold 10 seconds.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

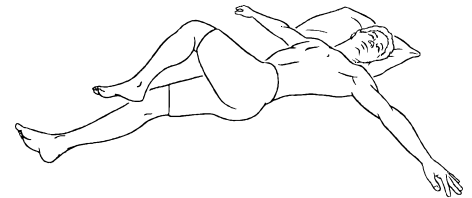
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

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



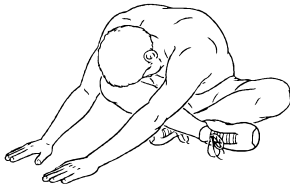
Repeat 10 times per set.
 Do 2 sets per session.
 Do 1-3 sessions per day.

BACK - 54 Lumbar Rotation Stretch



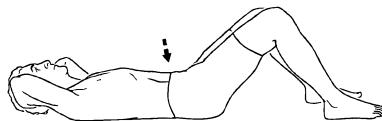
Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 10 seconds.
 Repeat 3 times per set. Do 1 sets per session.
 Do 1-3 sessions per day.

BACK - 99 Quadratus Stretch



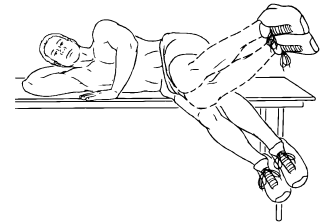
Sit cross-legged. Try to touch nose to right knee. Keep buttocks on floor.
 Repeat 3 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.
 Repeat 10 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

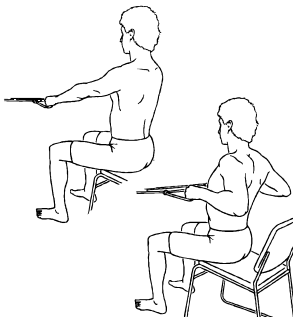
BACK - 81 Lumbar Side-Bend: Legs Over Edge (Side-Lying)



On right side, knees bent, lower legs over edge of table, rotate legs up at knees.
 Repeat 5-10 times per set. Do 3 sets per session.
 Do 1-3 sessions per day.

BACK - 43 Scapular Retraction: Bilateral

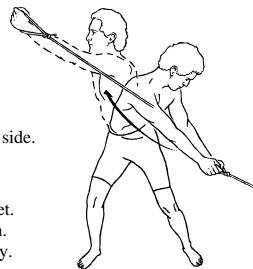
Facing anchor, pull arms back, bringing shoulder blades together.



Repeat 12-15 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

BACK - 42 Lumbar Diagonal Rotation: Resisted (Standing 2)

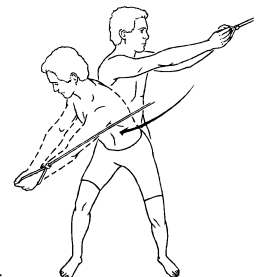
With left side toward anchor, feet slightly offset, reach down across body. Straighten upper body, rotating up to other side.



Repeat 12-15 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.

BACK - 41 Lumbar Diagonal Rotation: Resisted (Standing 1)

With left side toward anchor, reach up and out to side. Bend body, rotating down to other side.



Repeat 12-15 times per set.
 Do 3 sets per session.
 Do 1-3 sessions per day.