

MID TO LOW BACK STRETCHING EXERCISES

Purpose - Increase flexibility and mobility in the joints & muscles of the mid to low back region

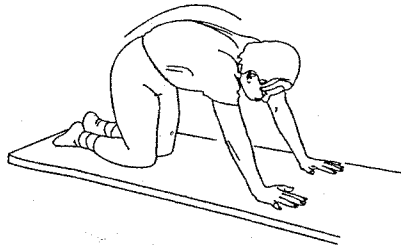


FIG. A

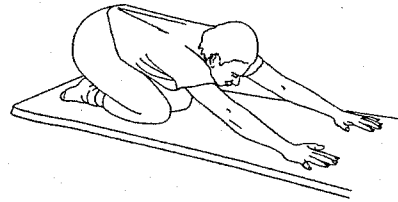


FIG. C

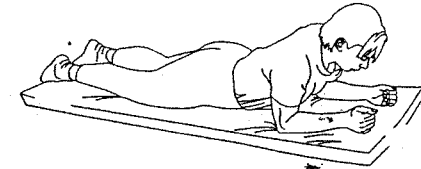


FIG. E

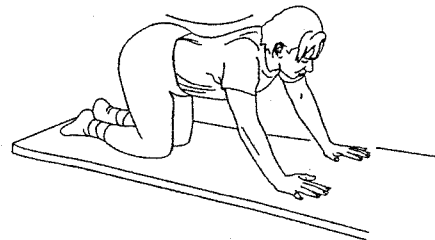


FIG. B

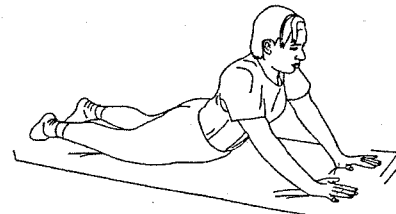


FIG. D

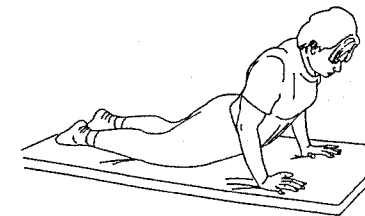


FIG. F

Fig. A. & B.

(Angry Cat Stretch)

- 1 - (Fig. A) Tuck chin and tighten stomach arching the back (hold ____ secs.)
- 2 - (Fig. B) Extend chin and relax the stomach increasing the curve in low back. (hold ____ secs.)
- 3 - Perform in alternating sequence. (____ X ____ per day).

Fig. C. & D.

(Pelvic Stretch & Extensions)

- 1 - On all fours, extend the pelvis back until the buttocks touches the heels as seen in Fig. 3. (hold ____ secs.), then press the pelvis forward to the floor as in Fig. 4. (hold ____ secs.).
- 2 - Repeat in alternating motions (____ X ____ per day).

Fig. E.

(Prone Low Back Extensions - Press ups)

1. Press your upper body upward into the position shown, keeping the hip in contact with the floor. (hold ____ secs. ____ X ____ per day).

Fig. F.

(Prone Low Back Extension - Elbows)

- 1 - Raise up on elbows as high as possible, keeping the hips on the floor. (hold ____ secs. ____ X ____ per day).