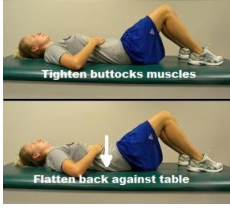


Lumbar Stabilization

1



POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

5



DOUBLE KNEE TO CHEST STRETCH - DKTC

Begin laying on your back, with your knees bent and feet flat on the ground. Place your hands either on top of or under your knees and gently pull them up towards your chest until you feel a gentle stretch but no pain.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

2



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

6



BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 3 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

3



Standing lumbar extension

Place elbows on wall. Allow hips to fall towards wall.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

4



SINGLE KNEE TO CHEST STRETCH - SKTC

Lie on your back and bend both knees with feet flat on the floor. Slowly lift one knee and gently pull it up towards your chest. Only lift the leg until you feel a gentle stretch, you should not feel pain.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day