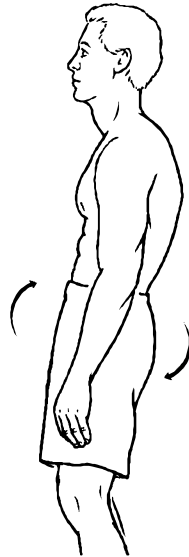


BACK - 58 Pelvic Tilt: Posterior (Standing)

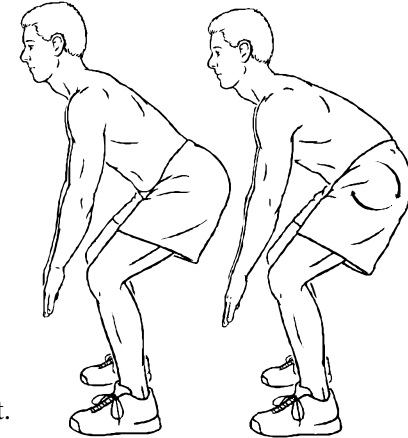
With knees slightly bent, tighten stomach and flatten back by rolling pelvis down. Hold 5 seconds. Relax.



Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

BACK - 59 Pelvic Tilt: Posterior – Stoop

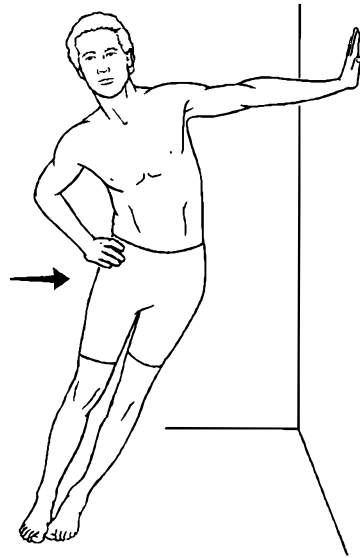
With knees and upper body bent forward and low back in neutral, tighten stomach and flatten back by rolling pelvis down. Hold 5 seconds. Relax.



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

BACK - 6 Wall Lean Stretch

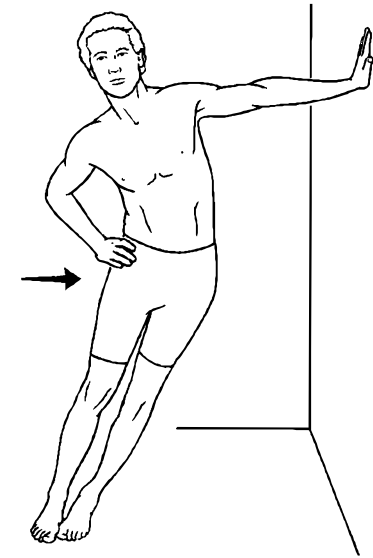
With left hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold 5 seconds. Relax.



Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

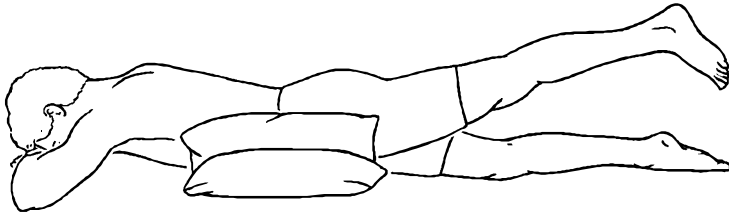
BACK - 6 Wall Lean Stretch

With right hand against wall, slowly stretch hips toward wall, other arm supporting trunk. Hold 5 seconds. Relax.



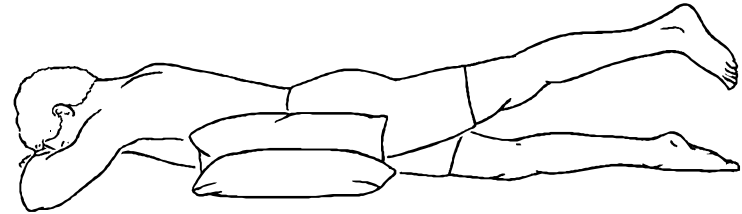
Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

BACK - 4 Hip Extension (Prone)



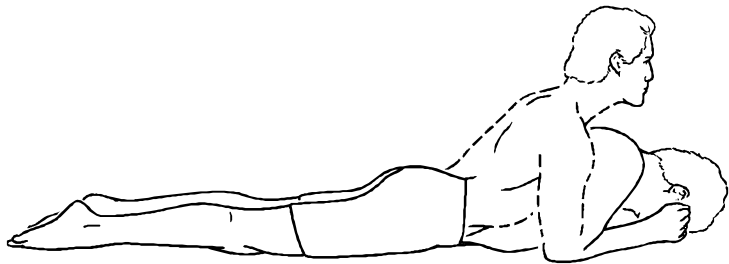
Lift left leg 12 inches from floor, keeping knee locked.
Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

BACK - 4 Hip Extension (Prone)



Lift right leg 12 inches from floor, keeping knee locked.
Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

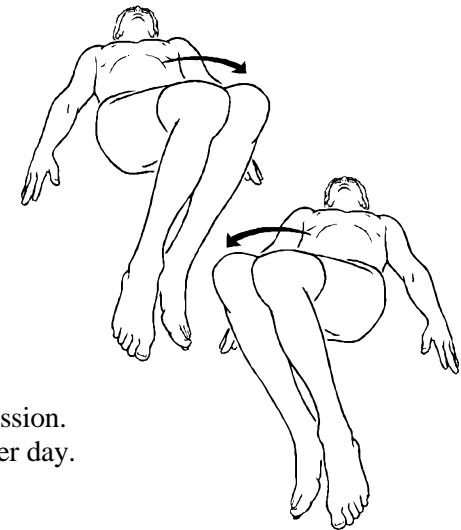
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.
Hold 5 seconds.
Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

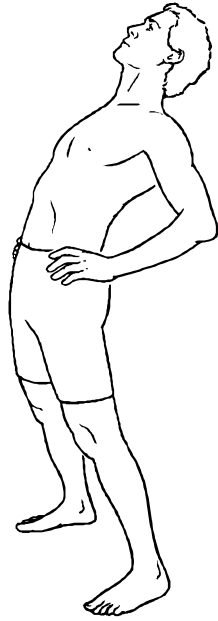
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

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



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

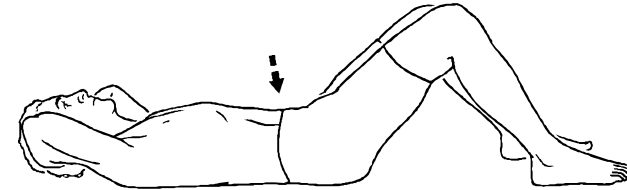
BACK - 44 Backward Bend (Standing)



Arch backward to make hollow of back deeper.
Hold 5 seconds.

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

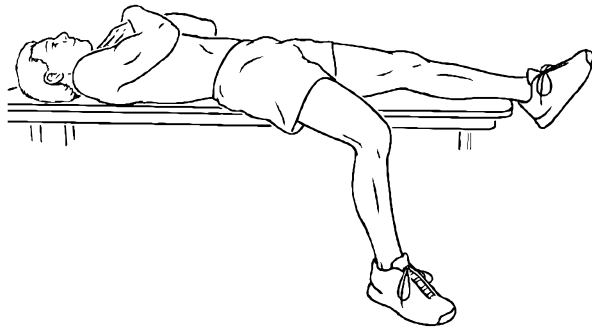
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat 5 times per set. Do 3 sets per session.
Do 2 sessions per day.

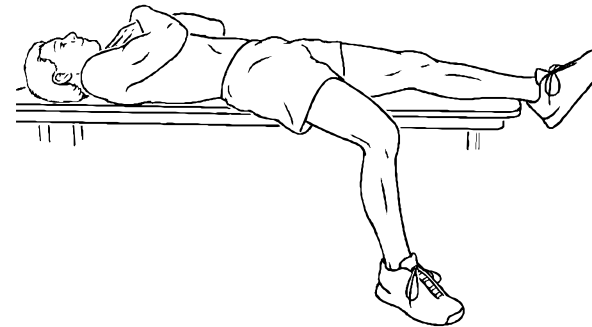
SPINAL MOBILIZATION - 31 Pelvic Rotation (Supine)



With left leg hanging off side of bench, relax leg as much as possible. Hold 10 seconds. Relax.

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

SPINAL MOBILIZATION - 31 Pelvic Rotation (Supine)



With right leg hanging off side of bench, relax leg as much as possible. Hold 10 seconds. Relax.

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