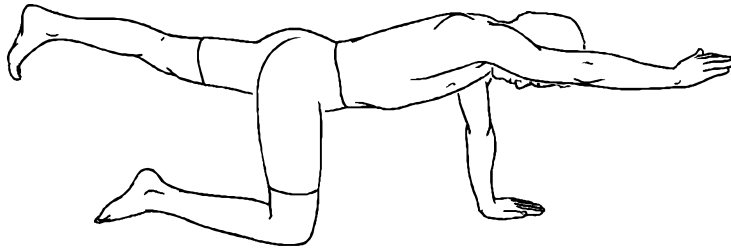


BACK - 10 Arm / Leg Extension: Alternate (All-Fours)

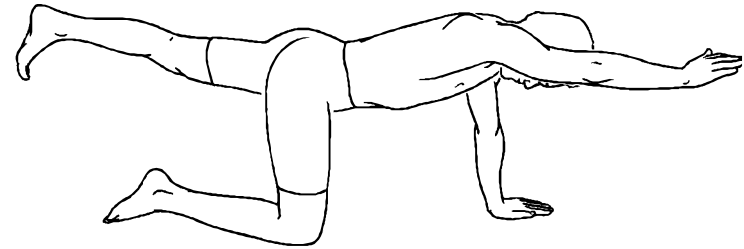


Raise right arm and opposite leg. Do not arch neck.

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

Do 2 sessions per day.

BACK - 10 Arm / Leg Extension: Alternate (All-Fours)

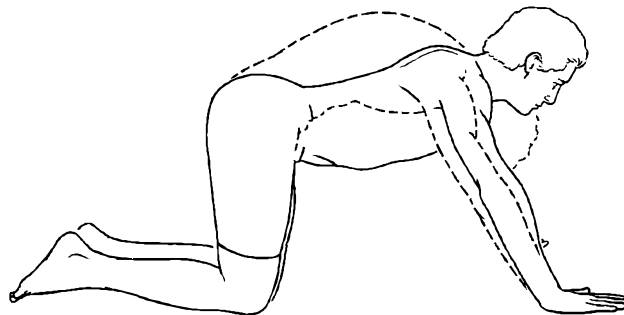


Raise left arm and opposite leg. Do not arch neck.

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

Do 2 sessions per day.

BACK - 14 Angry Cat Stretch

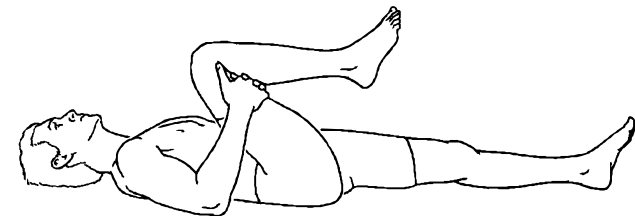


Tuck chin and tighten stomach, arching back.

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

Do 2 sessions per day.

BACK - 18 Knee-to-Chest Stretch: Unilateral

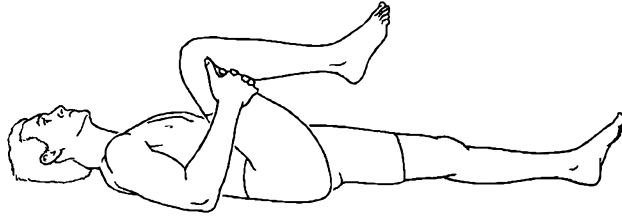


With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5 seconds.

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

Do 2 sessions per day.

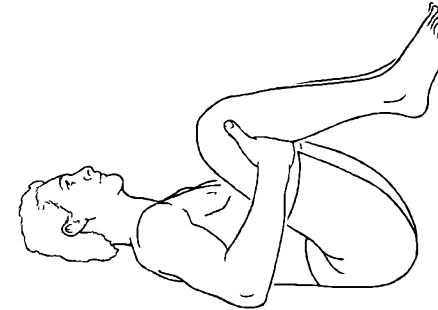
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind left knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5 seconds.

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

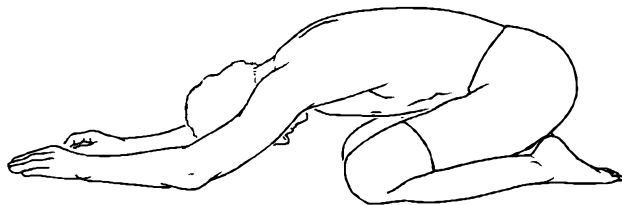
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5 seconds.

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

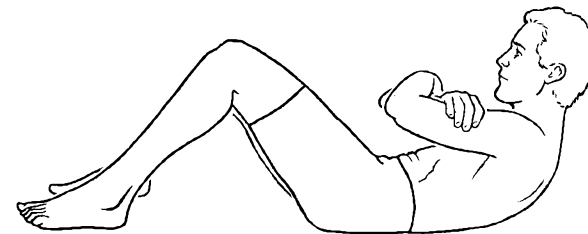
BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold 5 seconds.

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

BACK - 25 Curl-Up: Phase 2

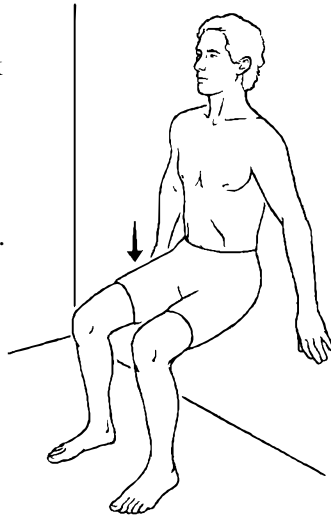


Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

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

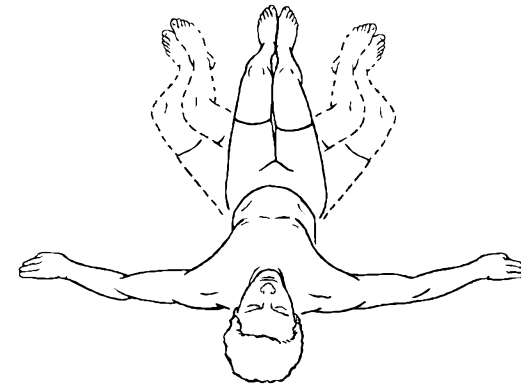
BACK - 31 Wall Slide

Keep head, shoulders, and back against wall, with feet out in front and slightly wider than shoulder width. Slowly lower buttocks by sliding down wall until thighs are parallel to floor. Keep back flat.



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

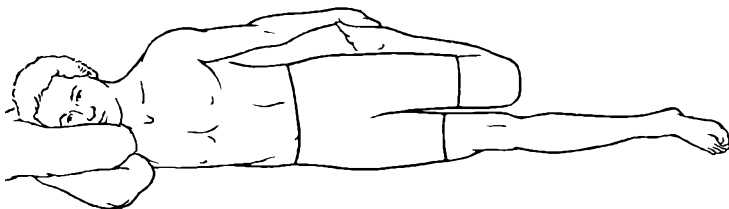
BACK - 30 Lower Trunk Rotation



Bring both knees in to chest. Rotate from side to side, keeping knees together and feet off floor.

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

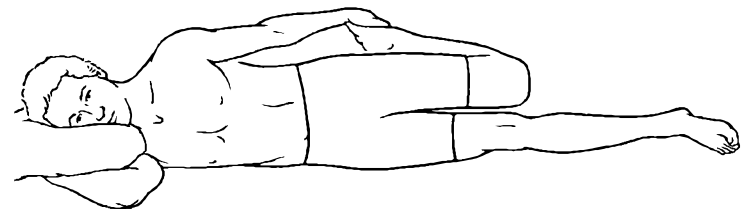
BACK - 32 Quadriceps Stretch



Pull left heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold 5 seconds.

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

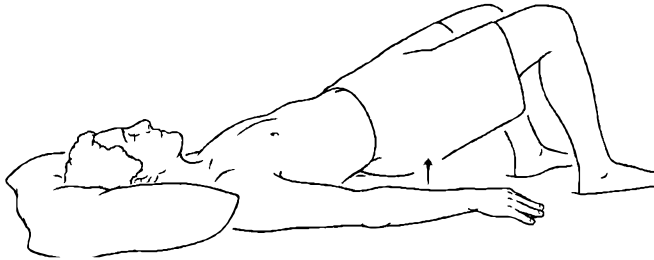
BACK - 32 Quadriceps Stretch



Pull right heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold 5 seconds.

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

TRUNK STABILITY - 9 Bridging

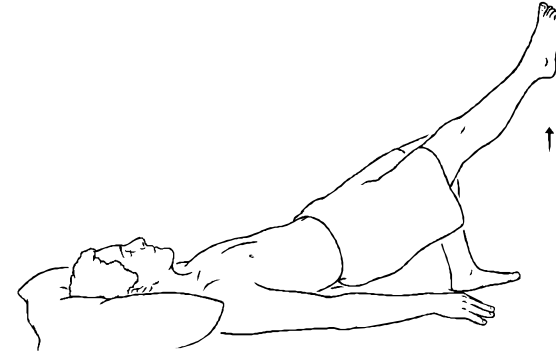


Slowly raise buttocks from floor, keeping stomach tight.

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

Do 2 sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise

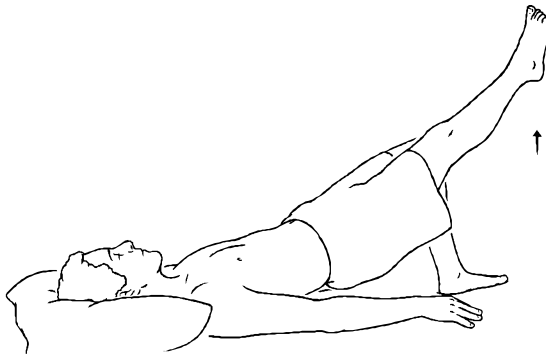


With legs bent, lift buttocks 12 inches from floor. Then slowly extend right knee, keeping stomach tight.

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

Do 2 sessions per day.

TRUNK STABILITY - 13 Bridging:
with Straight Leg Raise

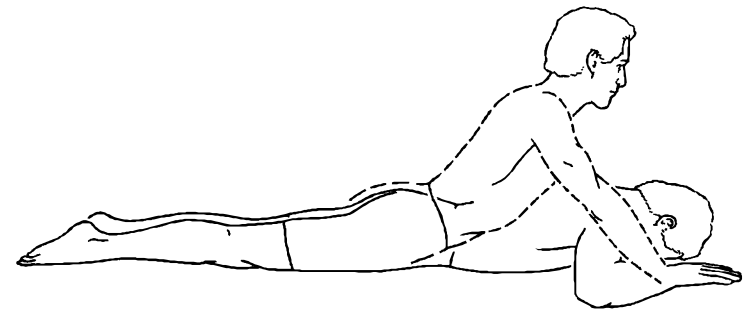


With legs bent, lift buttocks 12 inches from floor. Then slowly extend left knee, keeping stomach tight.

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

Do 2 sessions per day.

BACK - 2 Press-Up

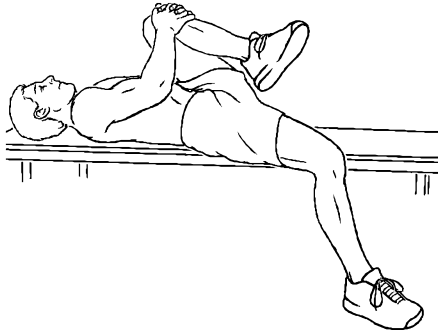


Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 5 seconds.

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

Do 2 sessions per day.

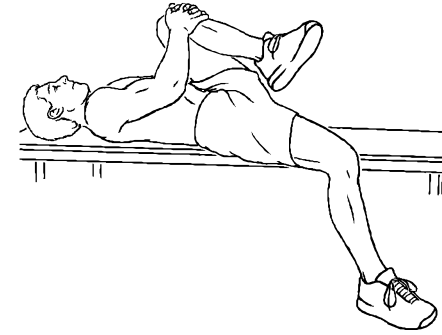
SPINAL MOBILIZATION - 32 Pelvic Rotation:
Knee-to-Chest (Supine)



With left leg hanging over side of bench, other knee to chest, 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 - 32 Pelvic Rotation:
Knee-to-Chest (Supine)

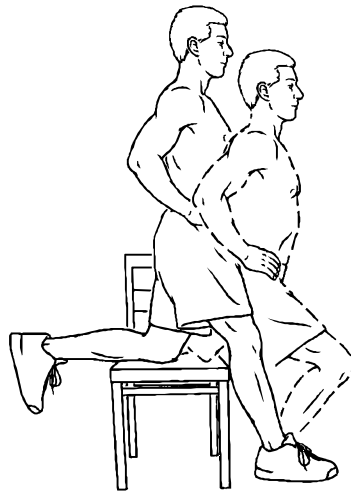


With right leg hanging over side of bench, other knee to chest, relax leg as much as possible. Hold 10 seconds. Relax.

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

SPINAL MOBILIZATION - 34 Pelvic Rotation (Standing)

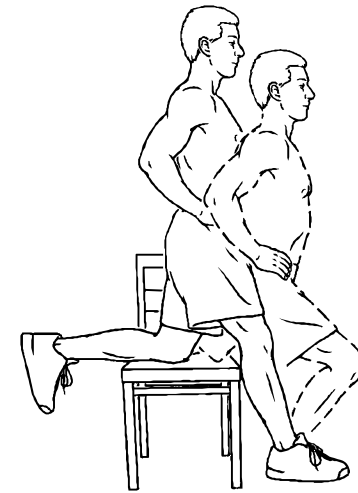
Left knee behind on chair, gently lower body by bending other knee until stretch is felt. Do not allow back to arch. Hold 10 seconds. Relax.



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

SPINAL MOBILIZATION - 34 Pelvic Rotation (Standing)

Right knee behind on chair, gently lower body by bending other knee until stretch is felt. Do not allow back to arch. Hold 10 seconds. Relax.



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