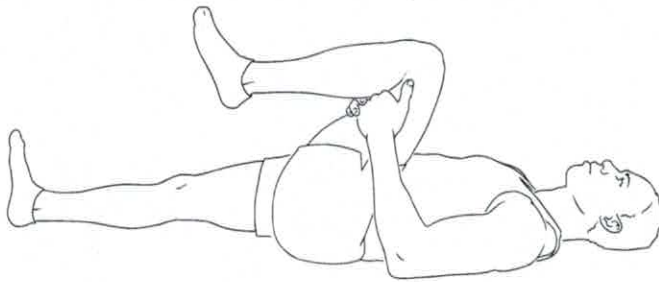


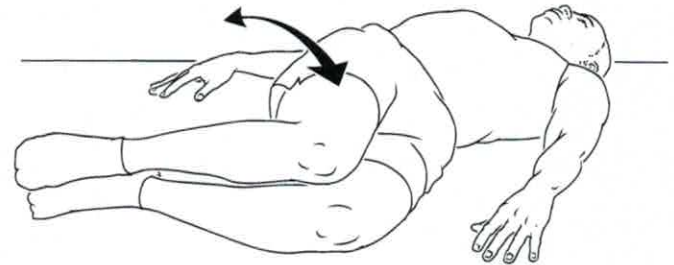
LOW BACK - 9 Supine Knee-to-Chest, Unilateral



Lie on back, hands clasped behind one knee. Pull knee in toward chest until a comfortable stretch is felt in lower back and buttocks. Hold 15 seconds.

Repeat 4 times per session. Do 2 sessions per day.

LOW BACK - 18 Supine With Rotation

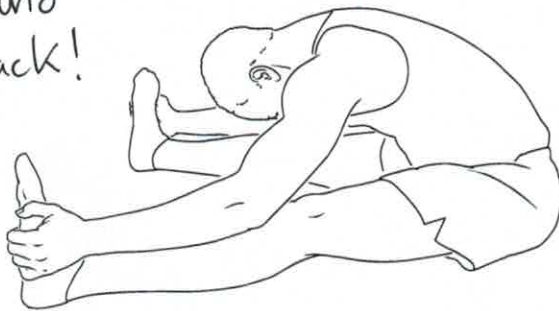


Lie, back flat, legs bent, feet together. Rotate knees to one side. Hold 5 seconds. Repeat to other side.

Repeat 10 times per session. Do 2 sessions per day.

LOW BACK - 2 Sitting With Flexion

Don't round your back!



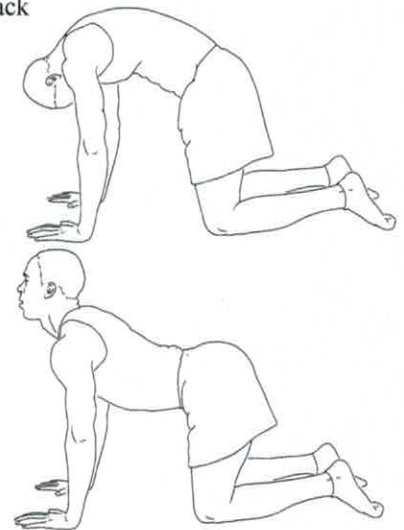
Sit with legs splayed. Bend forward from hips and grasp under thighs. Hold 10 seconds.

Repeat 5 times per session. Do 2 sessions per day.

LOW BACK - 4 Cat Back

Kneel on hands and knees. Tuck chin and tighten stomach. Exhale and round back upward. Inhale and arch back downward. Hold each position 3 seconds.

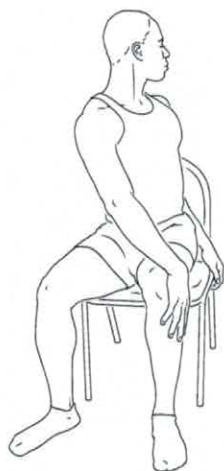
Repeat 10 times per session.
Do 2 sessions per day.



LOW BACK - 3 Sitting With Rotation

Sit on edge of seat with one hand on opposite knee, other on chair. Keep knees parallel. Pull with hand on knee and, if needed, push with hand on chair to rotate trunk to that side. Hold 5 seconds.

Repeat 5 times per session.
Do 2 sessions per day.



UPPER-MID BACK - 8 Hug, Standing

Stand, hands grasping behind opposite shoulders. Reach as far around back as possible. Hold 10 seconds.

Repeat 5 times per session.
Do 2 sessions per day.



Spinal Range of Motion – General Precautions

For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance or to assist you in standing up.

- 1) With this stretch, make sure both hands are placed under/behind the knee. If you have a hip replacement, avoid this stretch as it induces flexion greater than 90 degrees at the hip.
- 2) Make sure to exhale as your legs drop to each side. If you have tightness in your back, stop at that point of your motion.
- 3) **DO NOT ROUND YOUR BACK!** Again, this exercise should be done sitting upright with a straight back. Lean forward at the hips and hold under your thighs.
- 4) This exercise is meant to be performed sequentially. Perform all of your upward motion repetitions, take a break and then perform all of your downward motion repetitions.
- 5) If you have been advised by your doctor to avoid spinal rotation, avoid this exercise. Never rotate to the point of pain, stop your turn before any discomfort.
- 6) If you have shoulder pain (rotator cuff pain, replaced shoulder, etc.) avoid this exercise.

As always, if you feel any pain **STOP!**