

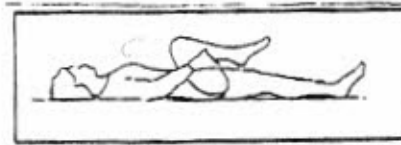
## Low Back Exercises

Rules: Keep breathing, Do Not Cause Pain.

### Knee to chest

#### Single

Start out lying on your back grasp the knee pull toward chest. Hold for 15 seconds repeat 3 times on each side.



#### Double

Grasp around both knees bring toward chest. Hold 15 seconds repeat 3 times

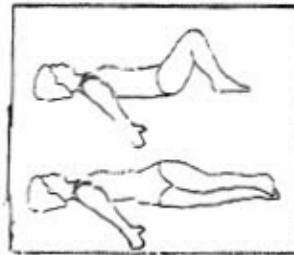
### Pelvic tilt

Lay on your back with both knees bent and feet flat on the floor. Push the small of your back down to the floor. Hold for 15 seconds repeat 3 times



### Hip roll

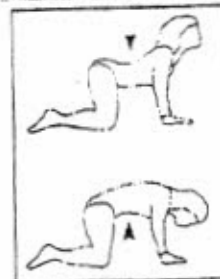
Lay on your back with your arms out at your sides, both knees bent and feet flat on the floor. Slowly lower your knees to one side and then the other. Hold on each side for 15 seconds and repeat 3 times.



### Cat and Camel

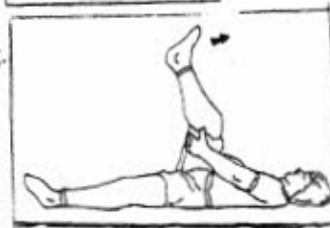
Start out on "all-fours".

First allow your head to drop down as you round up your back. Next raise your head and hips allowing your back to sag down. Hold each position for 15 seconds 3 times.



### Hamstring stretch

Start out on your back keep one leg on floor out straight. Grasp behind the other thigh and bring that leg toward the ceiling. Raise it as far as you can trying to keep the knee straight. Hold for 15 seconds and repeat 3 times.



### Extension exercises

Start out on your stomach with your palms on the floor under your shoulders.

Position 1 Beginner Push up to raise your head and shoulders off the floor.



Position 2 Advanced Push up raise your head, shoulders, and chest off the floor. Hold each position for 15 seconds and repeat 3 times.

