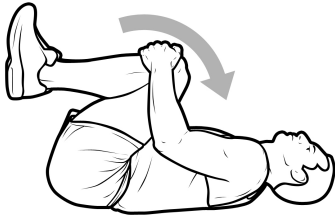


LUMBAR RANGE OF MOVEMENT

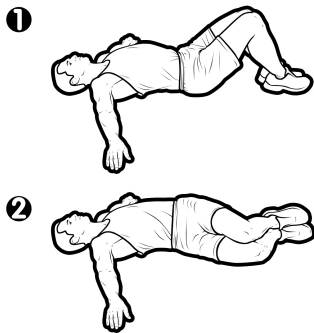


FLEXION IN LYING

Lying on your back with your knees bent, flex your hip as far as you can. Grasp your knee and pull your leg to your chest. Hold for a few seconds. Release slightly and then squeeze the leg in again. Repeat on the other leg. Now repeat both legs together.

SETS & REPS: 10-20 reps

FREQUENCY: 3-4 x day



LUMBAR ROTATIONS

Lie on your back with your knees bent, feet on the floor and arms outstretched (1). While keeping your shoulders flat on the floor, slowly roll your knees to one side as far as you can, rotating your lower back (2). Slowly return to the start position (1) and rotate to the opposite side. Repeat.

SETS & REPS: 10-20 reps

FREQUENCY: 3-4 x day



SUPINE HIP HITCH

Lying on your back with your legs straight, lengthen one leg down the bed stretching at your waist. Relax and repeat on the opposite side.

SETS & REPS: 10-20 reps

FREQUENCY: 3-4 x day

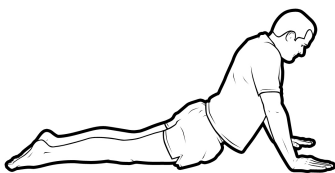


CROOK LYING PELVIC TILTS

Lie on your back with your knees bent and feet on the floor. Tilt your pelvis backwards by flattening your spine and sliding your tailbone towards your feet. Then tilt your pelvis forwards by raising your spine and sliding your tailbone towards your head. Relax and repeat 20-30 times.

SETS & REPS: 10-20 reps

FREQUENCY: 3-4 x day



EXTENSION IN LYING

Lying on your front on the floor, with your hands under your shoulders, push up through your arms to straighten your elbows and extend your spine as far as you are able. Lower and repeat.

SETS & REPS: 10-20 reps

FREQUENCY: 3-4 x day