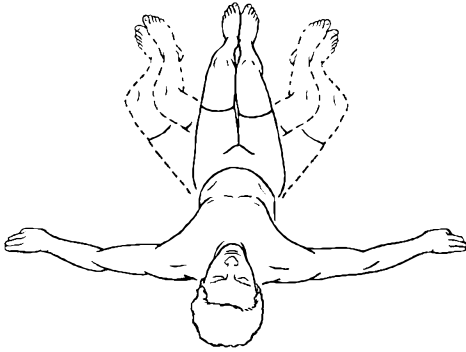




Routine For:
Created By: James Pamplin, DC

02-24-2012
Low Back Stretches (Advanced)

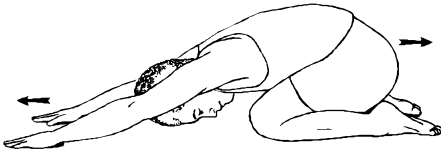
BACK - 30 Lower Trunk Rotation



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

Repeat 15 times per set. Do 3 sets per session.
Do 3 sessions per day.

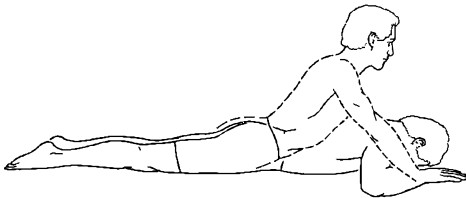
UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 15 seconds.

Repeat 3 times. Do 3 sessions per day.

BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 30 seconds.

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