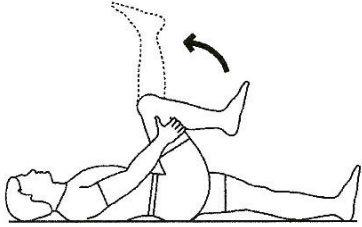


CHRONIC LOW BACK



Stretch hamstrings

Lie on back holding knee from behind, pulled toward chest, as shown.

Gently straighten leg.

Repeat with other leg.

You can use a pillow under your neck for comfort.

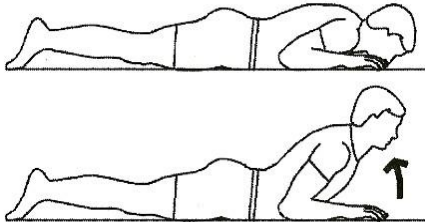


Hip Flexor and Quad stretch

Half kneel as shown on right leg.

Lean forward slowly keeping hips and back straight.

Repeat with other leg.

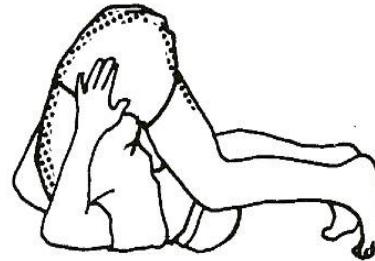


Lumbar extension

Lie face down, elbows bent, hands beside face.

Push up to elbows, keeping hips on floor.

Return to start position and repeat.

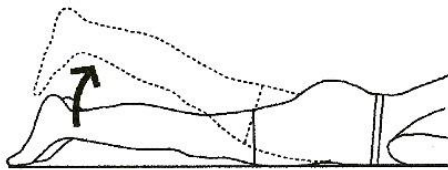


Legs-overhead stretch

Slowly roll back with your feet and legs over your head.

Keep your hands on your hips.

Try and find a comfortable position that allows you to breathe naturally.

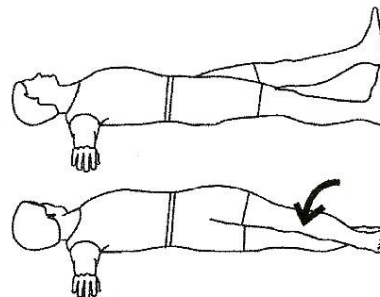


Hip extension

Lie face down, knee straight on involved leg.

Lift involved leg upward.

Return to starting position.



Stretch trunk rotation

Lie on back, arms out to side, with heel of left leg on toes of right leg.

Tighten the thigh muscles of each leg and roll legs to right.

Continue by lifting left hip up and turning head to left.

Return to start position and repeat to other direction.

HEAT:

Apply heat to the painful/tight area for 20-30 minutes then leave off for 30 minutes.

PERFORM ALL OF THE RECOMMENDED EXERCISES _____ TIMES PER DAY. HOLD EACH STRETCH FOR 8-10 SECONDS WHILE DEEP BREATHING AND REPEAT 3 TIMES EACH SESSION.