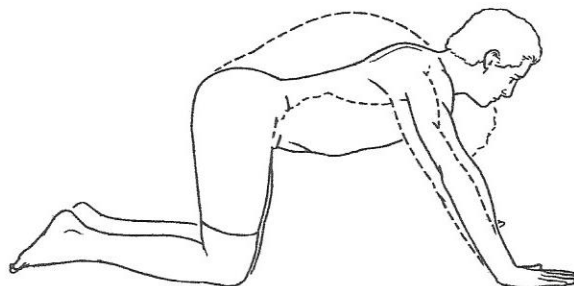


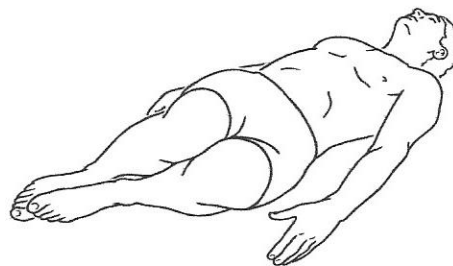
BACK - 14 Angry Cat Stretch



Tuck chin and tighten stomach, arching back.

Repeat 5 times per set. Do 1-2 sets per session.
Do 1-2 sessions per day.

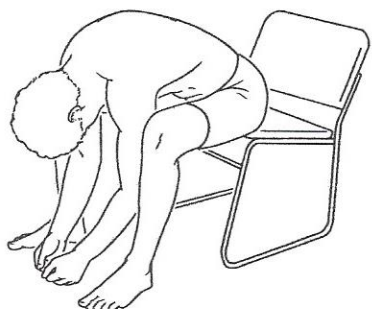
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to left side. Hold 3 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 17 Lower Back Stretch (Sitting)

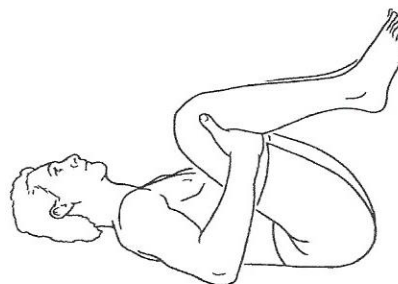


Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back.

Hold 5 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 2 sessions per day.

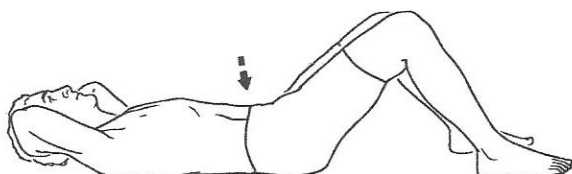
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 2 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

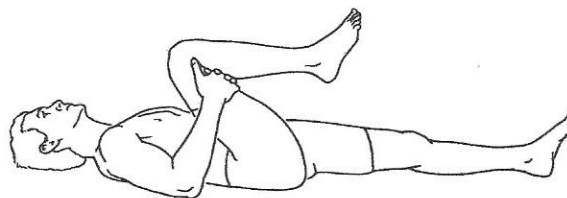
BACK - 22 Pelvic Tilt



Flatten back by tightening stomach muscles and buttocks.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 2 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.