

Notes : Keep using heat on your lower back when possible. Try to do the exercises little and often. They will be sore to do but try using heat before you do them.



1 Anterior pelvic tilt

Sets: 3 Reps: 5 Hold: 10

GEN98130



2 Cat and dog stretch

Sets: 3 Reps: 5 Hold: 10

GEN95254



3 Lumbar extension

Sets: 3 Reps: 5 Hold: 10

XGEN2094



4 Lumbar rotation stretch

Sets: 3 Reps: 5 Hold: 10

XGEN222



5 Repeated lumbar extension

Sets: 3 Reps: 5 Hold: 10

XGEN2213



6 Stretching hip flexion

Sets: 3 Reps: 5 Hold: 20

XGEN1650



7 Lumbar flexion stretch

Sets: 3 Reps: 5 Hold: 20

XGEN339

exercises

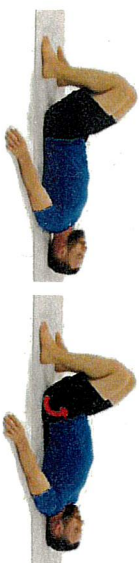
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Notes : Keep using heat on your lower back when possible. Try to do the exercises little and often. They will be sore to do but try using heat before you do them.

1 Anterior pelvic tilt



Sets: 3 Reps: 5 Hold: 10

Lie on your back, keeping your back flat, knees bent and feet flat on the floor.

Slowly arch the lumbar region of your back to tilt your pelvis anteriorly.

Come back to the starting position and repeat.

2 Cat and dog stretch



Sets: 3 Reps: 5 Hold: 10

Start on all fours with your back straight, hands under the shoulders and knees under the hips.

To do the cat stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time. To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest.

Alternate between these two positions slowly.

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PPK7XG7YAGXV7EV**3 Lumbar extension****Sets: 3 Reps: 5 Hold: 10**

Lie on your stomach.

Tuck your elbows and arms under your chest and relax the abdominals and buttocks.

While keeping the pelvis and legs on the table, lift your shoulders and trunk upwards by pushing on to your elbows. Slowly return to the initial position and repeat.

4 Lumbar rotation stretch**Sets: 3 Reps: 5 Hold: 10**

Lie on your back with your knees bent.

Keeping your knees together, lower them to the ground as far as you can on one side and maintain the stretch.

Return to the neutral position and repeat on the other side. Do not raise your shoulders off the bed when you lower your knees.

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5 Repeated lumbar extension



Sets: 3 Reps: 5 Hold: 10

Stand with your chin tucked in and place your hands on your buttocks.

Bend your back backwards, arching the lower back and keep your chin tucked in (look forward).

Return to the starting position and repeat.

6 Stretching hip flexion



Sets: 3 Reps: 5 Hold: 20

Lie on your back with your legs straight and your back in neutral position (slightly arched).

Lift the injured leg toward your chest, bending at the knee and hold it there with your hands as far as possible or until a gentle stretch is felt.

Maintain the stretch and slowly return to the initial position.



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exercises

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7 Lumbar flexion stretch



Sets: 3 Reps: 5 Hold: 20

Lie on your back with your knees bent.

Raise one knee towards your chest as far as you can, and then raise the other to meet it.

Place your hands around your knees and pull them gently towards you until you feel a stretch in your back.
Relax.