

Lower Back Exercises



1 HIP FLEXOR STRETCH:
Repeat both sides.



2 CAT COW



3 FROG STRETCH



4 COBRA:
Pull shoulders away from ears and lift chin.



5 KNEE TUCK:
With option of gently rolling side to side.



6 KNEE ROTATION:
Rotate side to side keeping back flat on the floor.



7 LEG KNEE CROSS-OVER:
Keep back flat on floor and repeat both sides.

(Continued on back)

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8 FIGURE 4:
Pull knee towards chest
and repeat both sides.



9 CHILDS POSE



10 WALL SHOULDER STRETCH:
Slowly raise/lower elbows
along the wall.

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