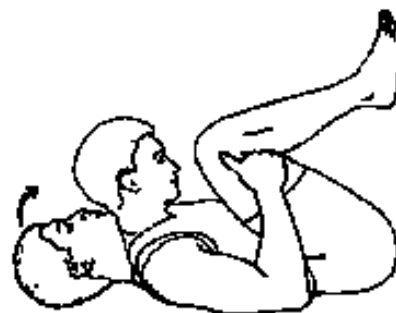


LOWER BACK - 1 Extensors / Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold \_\_\_\_ seconds. Repeat with other knee.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 2 Extensors / Gluteal



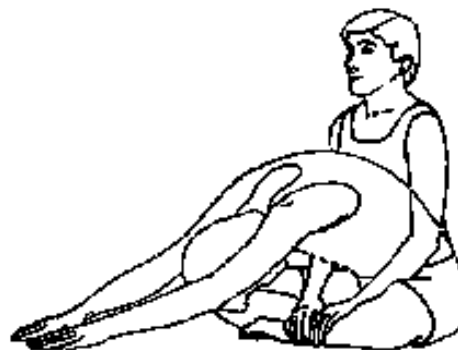
Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 3 Mid and Lower Extensors



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 4 Mid and Lower Extensors



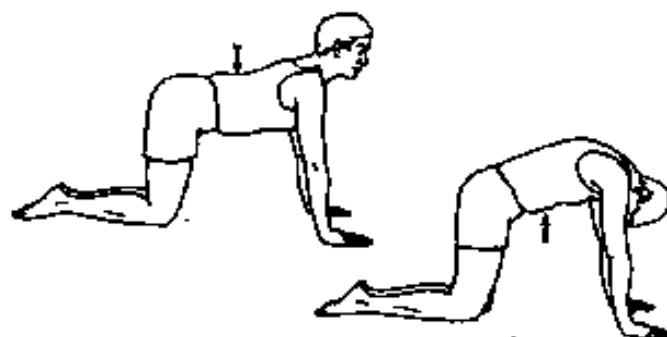
With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 5 Mid and Lower Extensors



With chin on chest, gently roll back and forth on spine.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 6 Lumbar Extensors



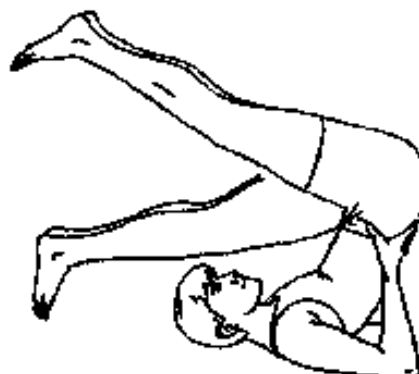
From starting position, tuck chin and tighten stomach while arching back. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 7 Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold \_\_\_\_ seconds. Repeat to other side.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - 8 Lumbar Extensors



With hands supporting trunk, slowly bring feet over head until stretch is felt. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER BACK - 1 Upper and Mid Extensors



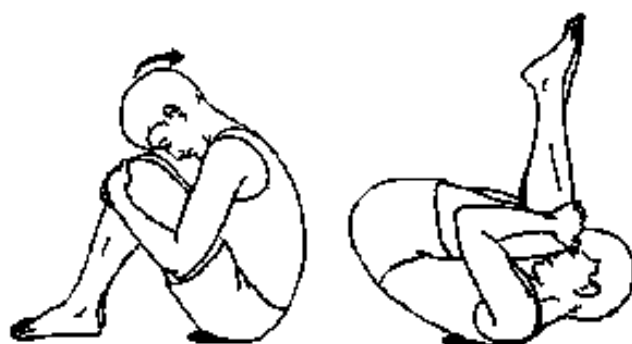
Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER BACK - 3 Upper and Mid Extensors



With chin down toward chest, gently rock back and forth 6 - 10 times. For greater stretch, rock up onto shoulders.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

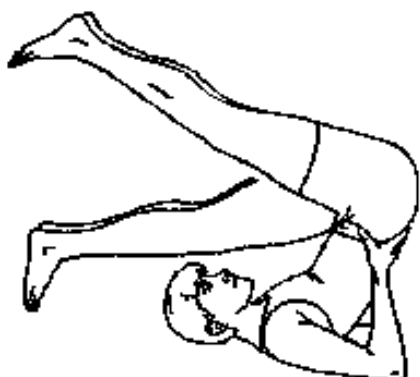
UPPER BACK - 4 Rotators

With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold \_\_\_\_ seconds.  
Repeat to other side.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

UPPER BACK - 5 Extensors



With hands supporting trunk, slowly bring feet over head until stretch is felt. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

UPPER BACK - 6 Extensors



With hands flat on floor, bring feet over head until stretch is felt. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.