

LOW BACK EXERCISES

BRIDGES (Lift hips about 1 inch off floor. Hold 1 minute, repeat 5 times.)



LOWER ABS (Breathe freely. Keep low back pressed firmly to floor. Hold for 5 minutes.)



STRETCHES (Hold each stretch 30 seconds. Repeat each direction/side 2 times)

A. ROTATION (Keep knees and feet together)



B. HIP CROSS-OVER (Cross ankle over opposite thigh; pull knee to chest)



C. HAMSTRINGS (Hold behind thigh; straighten knee)



D. BENDING (Alternate between 'child's pose' and modified 'cobra')

