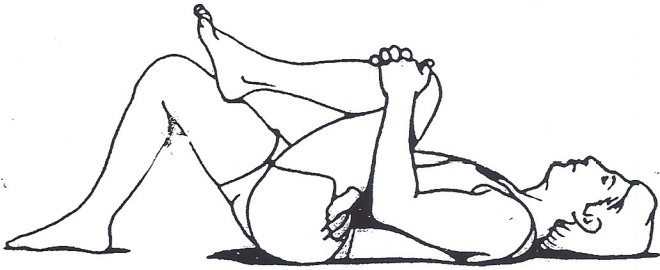


# LUMBAR SPINE REHABILITATIVE EXERCISE

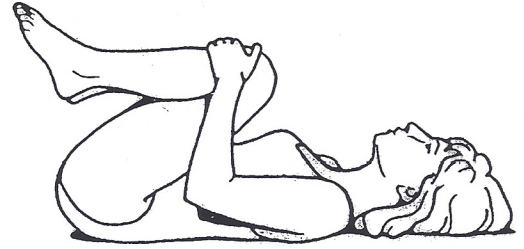
BACK - 18 Single Knee to Chest Stretch



Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times on each side. Do \_\_\_\_\_ sessions per day.

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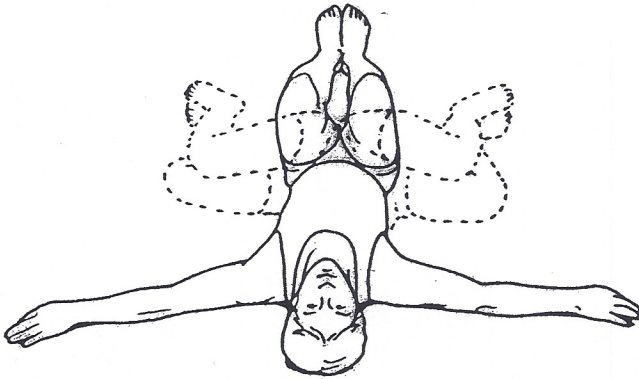
BACK - 19 Double Knee to Chest Stretch



Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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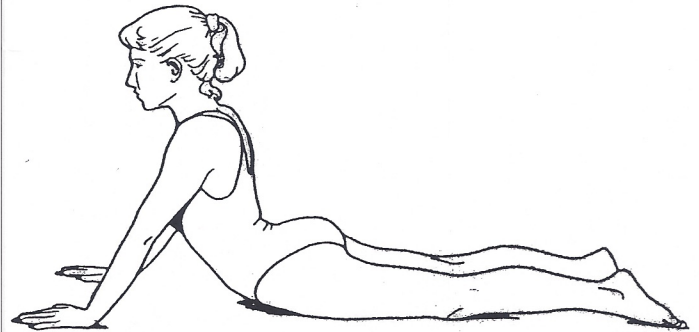
BACK - 30 Lower Trunk Rotation



Bring both knees in to chest. Rotate from side to side keeping knees together and feet off of floor. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times on each side. Do \_\_\_\_\_ sessions per day.

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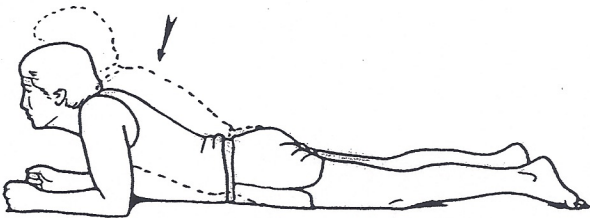
BACK - 2 Press-Up



Press upper body upward into position shown, keeping hips in contact with floor. Keep low back and buttocks relaxed. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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BACK - 1 Prone on Elbows



Raise up on elbows as high as possible, keeping hips on floor. Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

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