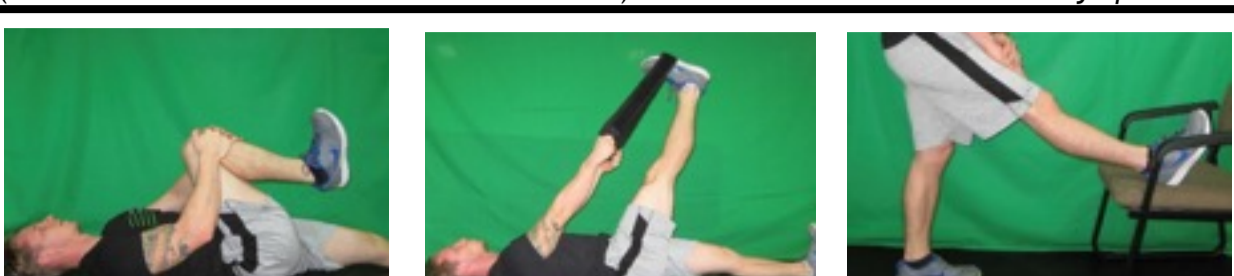


Cobra stretch : Hold for 5 seconds. Repeat 3-5 times.
(Reinforces the normal curve of the lower back).

**Shoulders back and down.
Inhale on the way up.

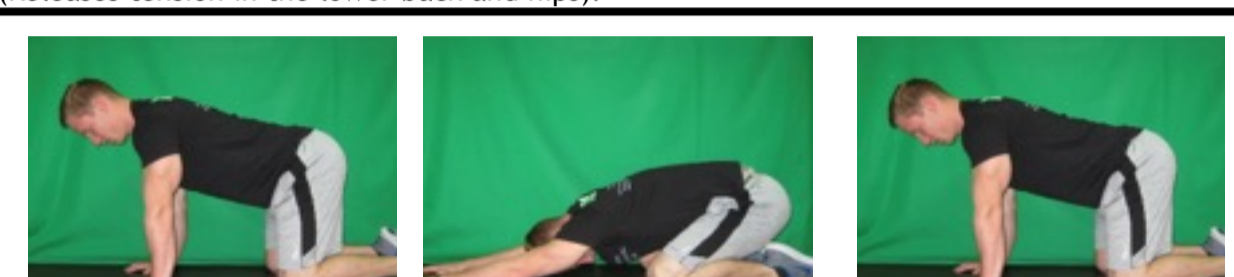


Hamstring stretch: Perform each variation for 15-30 seconds.
(Releases tension in the lower back).

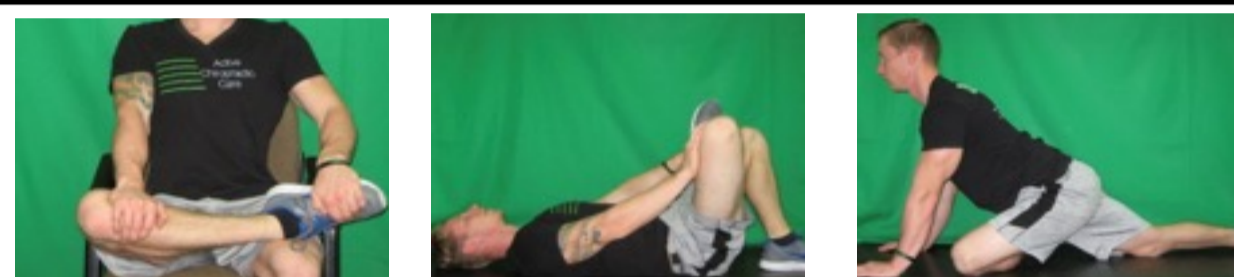
**Repeat 2 - 3 times per side.
* Keep legs straight.*



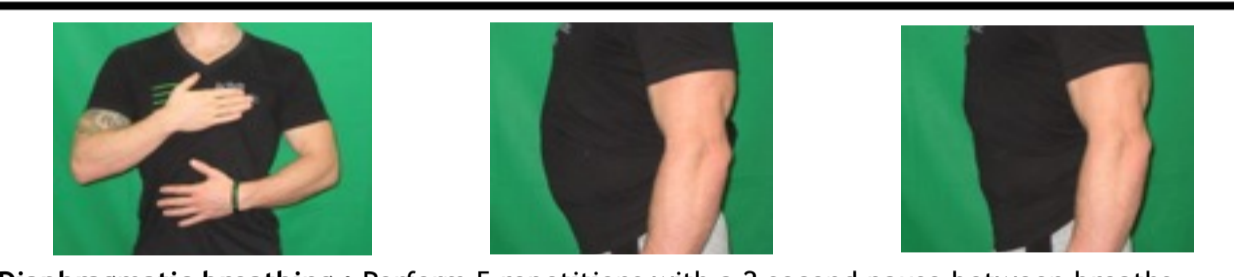
Hip flexor stretches: Perform each variation holding 15 - 30 seconds per side.
(Releases tension in the lower back and hips).



Extended child's pose: Hold for 10 - 15 seconds. Perform stretch to the center, right and left.

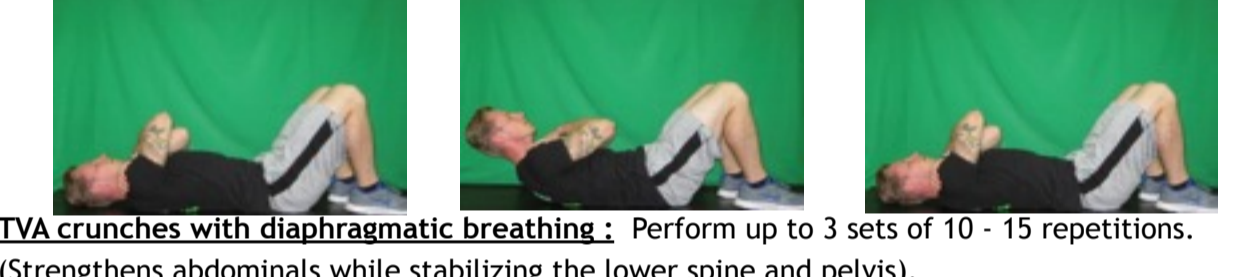


Piriformis stretches: Perform each variation for both sides holding for 15 - 30 seconds.



Diaphragmatic breathing : Perform 5 repetitions with a 2 second pause between breaths.

** Push your stomach out while breathing in, pull your stomach in while breathing out.*



TVA crunches with diaphragmatic breathing : Perform up to 3 sets of 10 - 15 repetitions.
(Strengthens abdominals while stabilizing the lower spine and pelvis).

1. Push your stomach out while breathing in, pull your stomach in while breathing out.
2. Tilt your pelvis back into the floor and crunch up.



Prone planks : Perform up to 3 sets. Hold for 10 - 60 seconds each.

(Strengthens the core muscles) **Breathe in through your nose and out through your mouth.*



Side planks : Perform up to 3 sets. Hold for 10 - 30 seconds on each side.

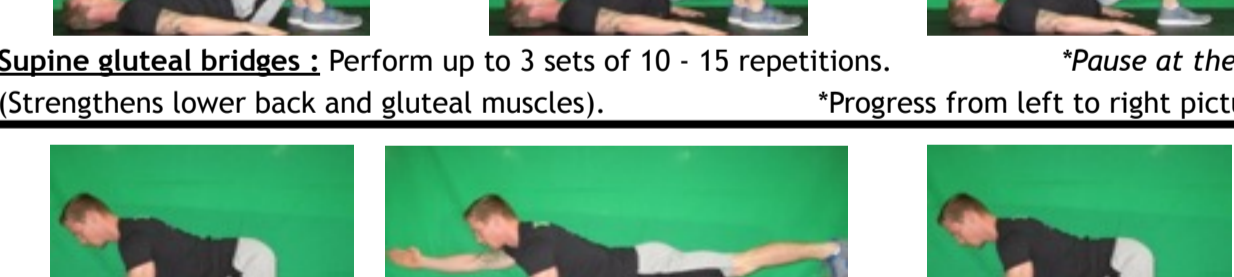
(Strengthens the core muscles) **Breathe in through the nose and out through the mouth.*



Superman exercise: Perform up to 3 sets of 10 - 15 repetitions. **Hands and feet lift off floor.*

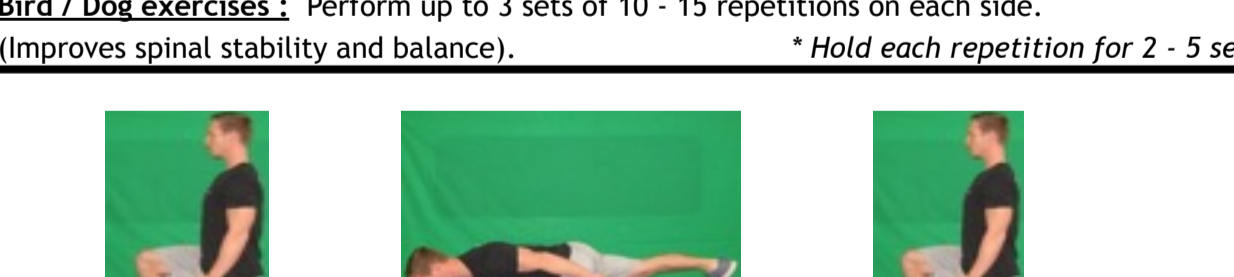
(Strengthens the lower back and postural muscles). ** Hold each repetition for 2 - 5 seconds.*

** Do not perform exercises if you have any discomfort.*



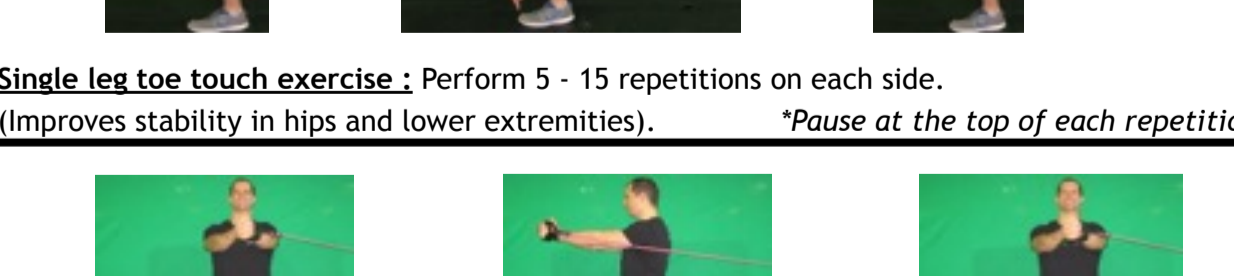
Supine gluteal bridges : Perform up to 3 sets of 10 - 15 repetitions.

(Strengthens lower back and gluteal muscles). **Pause at the top.
Progress from left to right picture.



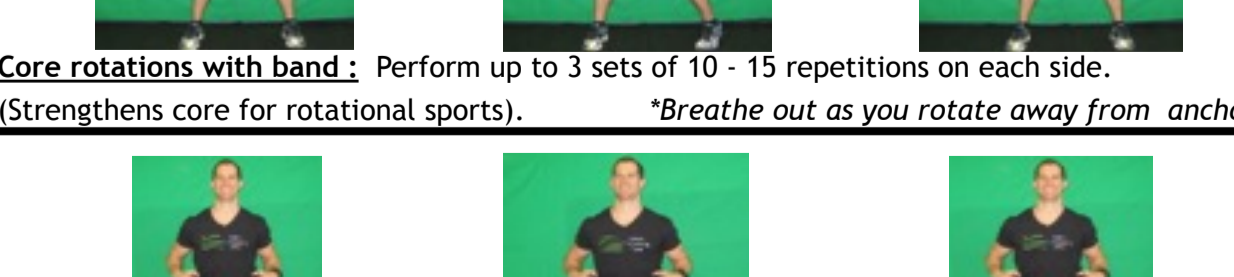
Bird / Dog exercises : Perform up to 3 sets of 10 - 15 repetitions on each side.

(Improves spinal stability and balance). ** Hold each repetition for 2 - 5 seconds.*



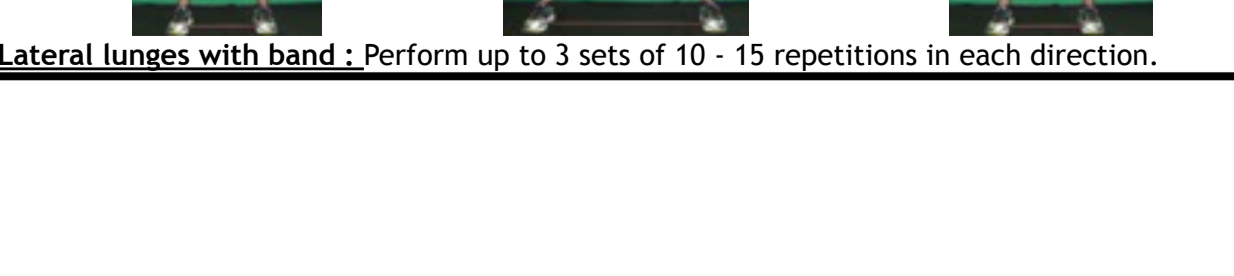
Single leg toe touch exercise : Perform 5 - 15 repetitions on each side.

(Improves stability in hips and lower extremities). **Pause at the top of each repetition.*



Core rotations with band : Perform up to 3 sets of 10 - 15 repetitions on each side.

(Strengthens core for rotational sports). **Breathe out as you rotate away from anchor.*



Lateral lunges with band : Perform up to 3 sets of 10 - 15 repetitions in each direction.