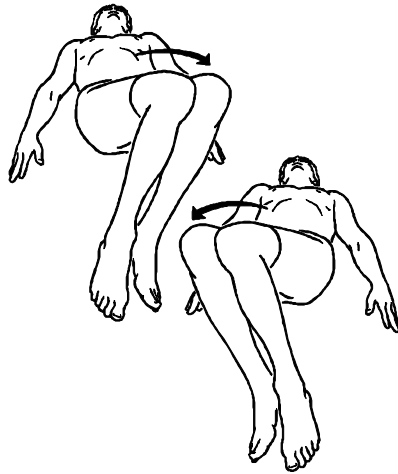


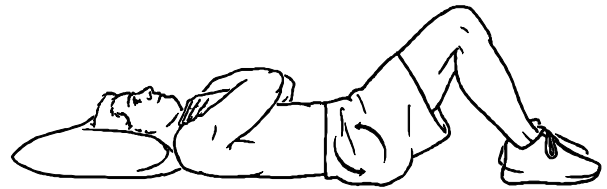
BACK - 35 Lumbar Rotation (Non-Weight Bearing)

Feet on floor,
slowly rock knees
from side to side
in small, pain-free
range of motion.
Allow lower back
to rotate slightly.



Do 30 seconds per
session.
Do 1 sessions per day.

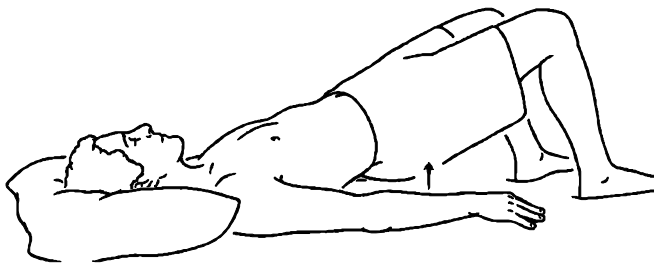
BACK - 56 Pelvic Tilt: Posterior – Legs Bent (Supine)



Tighten stomach and flatten back by rolling pelvis down.
Hold 5 seconds. Relax.

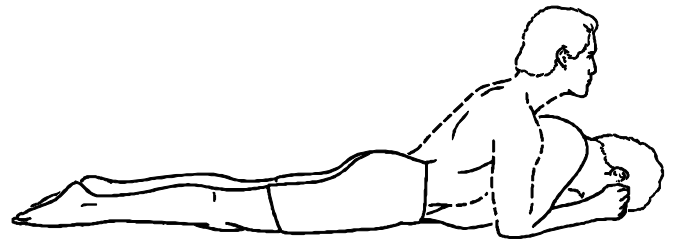
Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 9 Bridging



Slowly raise buttocks from floor, keeping stomach tight.
Hold 5 seconds per set. Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

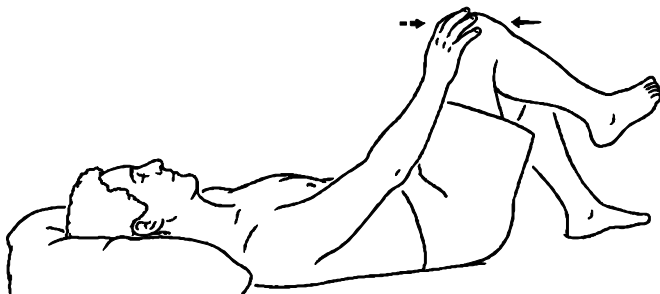
BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor.
Hold 30 seconds.

Repeat 1 times per set. Do 5 sets per session.
Do 1 sessions per day.

TRUNK STABILITY - 10 Unilateral Isometric Hip Flexion



Tighten stomach and raise one knee to outstretched arm.
Push gently, keeping arm straight, trunk rigid. Hold
seconds.

Repeat 10 times per set. Do 2 sets per session.
Do 1 sessions per day.