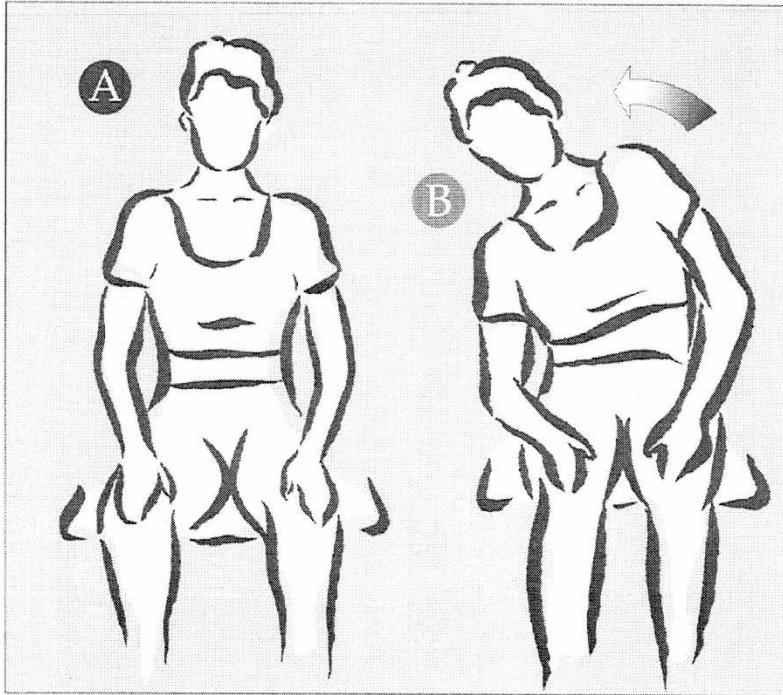


PASSIVE

Side Bend

LUMBAR

EXERCISE
13



STARTING POSITION

Sit with hands on thighs.

EXERCISE

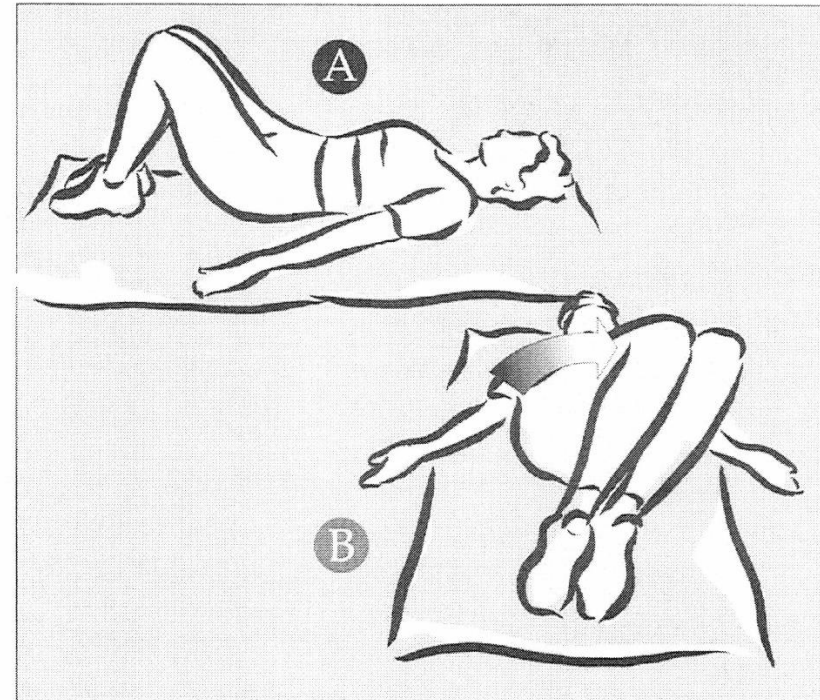
Slowly lower one shoulder towards the floor while keeping the shoulder over your hip. Return to the starting position.

PASSIVE

Pelvic Rotation

LUMBAR

EXERCISE
14



STARTING POSITION

Lie on your back with your knees bent.

EXERCISE

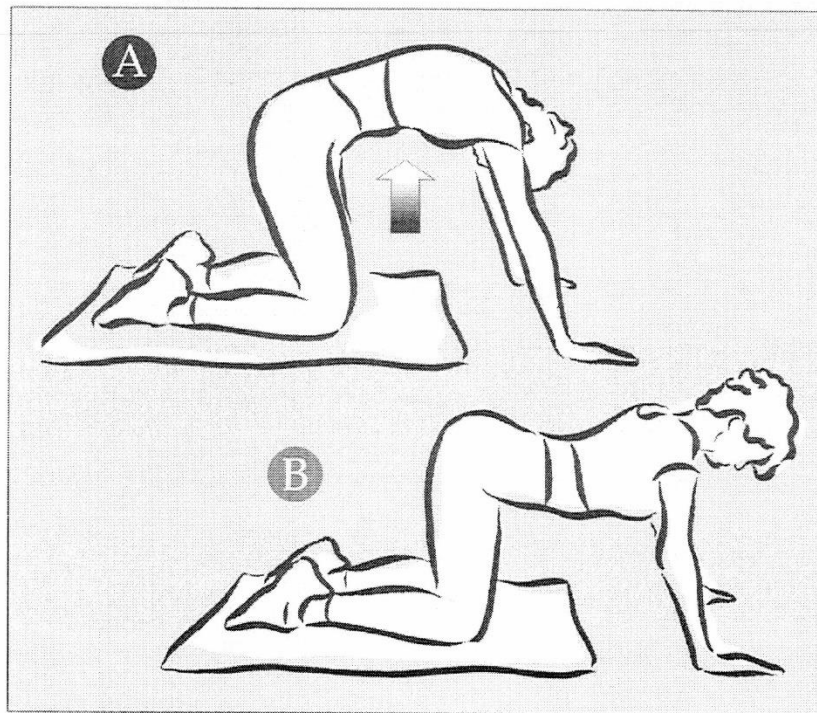
Keeping your knees together, slowly lower them to the right. Return to the starting position, then slowly lower your knees to the left.

ACTIVE

Cat Stretch

LUMBAR

EXERCISE
15



STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

EXERCISE

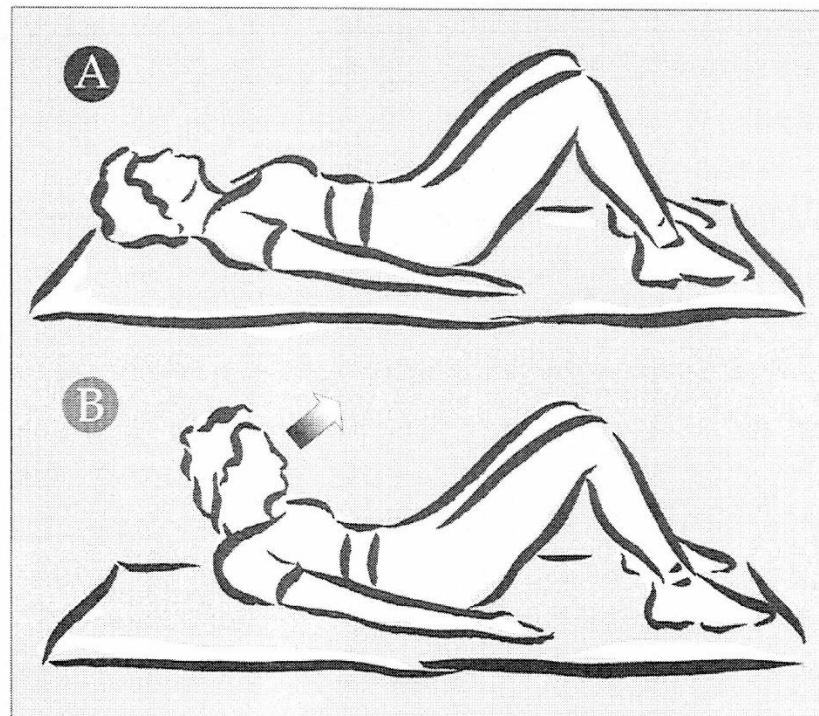
Slowly arch your back towards the ceiling, then slowly lower it towards the floor.

ACTIVE

Abdominal Crunch

LUMBAR

EXERCISE
16



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

Slowly lift your head and shoulders until the tips of your shoulder blades come off the floor.

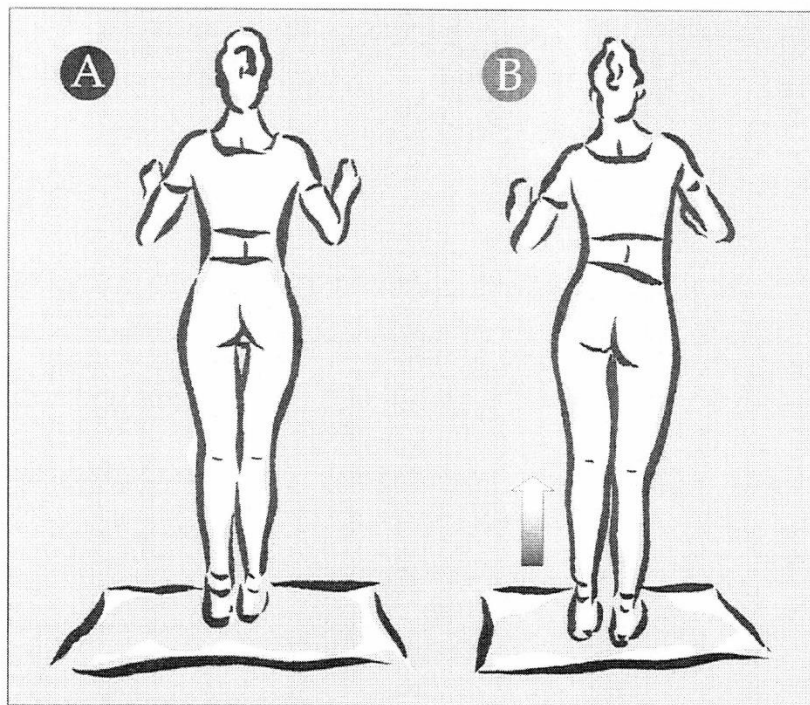
ACTIVE+

Hip Hitching

LUMBAR

EXERCISE

17



STARTING POSITION

Stand while holding onto a table/wall for balance.

EXERCISE

Lift foot off the floor, keeping your knee straight. Return to the starting position. Repeat on other side.

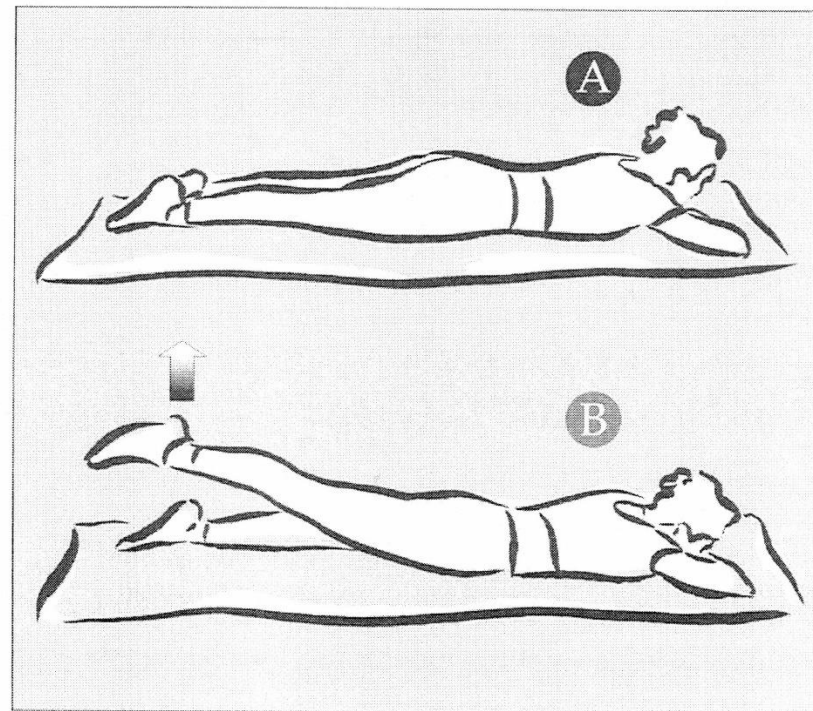
ACTIVE+

Straight Leg Raise

LUMBAR

EXERCISE

18



STARTING POSITION

Lie on your stomach with both knees straight.

EXERCISE

Slowly lift leg towards the ceiling, keeping it straight.