

Exercises for Low Back Pain Relief

#1 Cat and Camel

Take a deep inhale and lift your lower rib cage.



Round your back. Relax your neck.

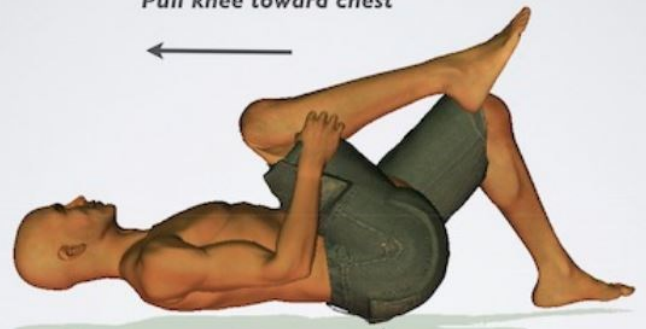
Maintain firm abdominals, exhale and lower your chest toward the floor. Look up slightly.



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#2 Knee to Chest

Pull knee toward chest



Keep tailbone on the floor

#3 Ankle Over Knee

Push knee down



Keep tailbone on the floor

#4 Kneeling Lunge

No twisting. Keep your hips even.

Stay upright. Don't lean forward.



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#5 Press Up

Start out on your forearms



Press from your hands to increase the stretch



Exhale and maintain firm abdominals as you lift your head and chest.

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