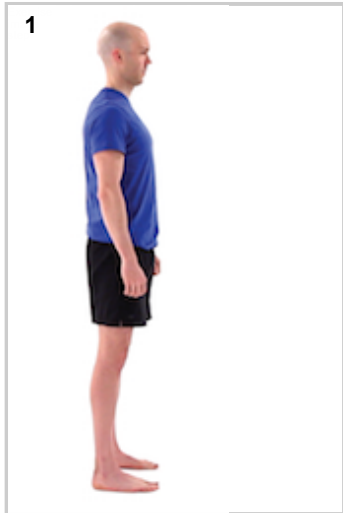


Standing Lumbar Extension

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position with your hands resting on your hips.

Movement

Slowly arch your trunk backwards and hold.

Tip

Make sure to maintain your balance during the exercise and do not bend your knees.

Standing Sidebends

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Slowly bend your trunk sideways, lowering your arm down your side, then return to the starting position and repeat on your other side.

Tip

Make sure to maintain your balance and do not bend your trunk forward or backward during the exercise.

Standing Back Extension

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position with your feet in stride stance with your hands on your low back.

Movement

Press your hips forward and bend backwards.

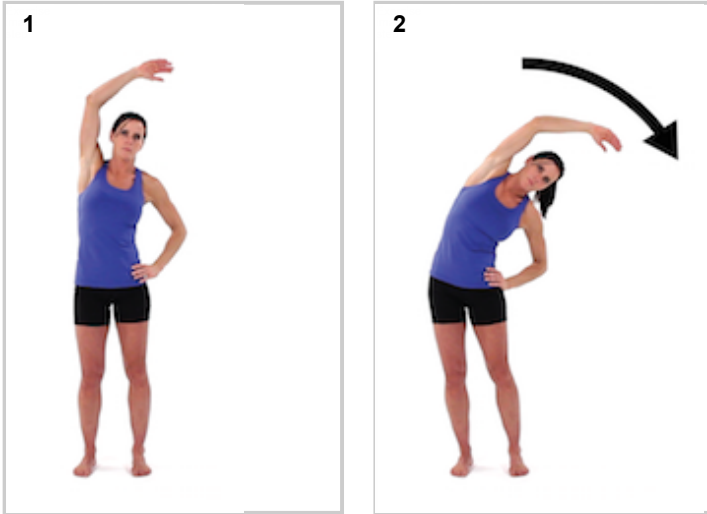
Tip

Make sure to keep your knees straight during the stretch.

TL Sidebending Stretch - Single Arm Overhead

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position. Raise one arm overhead and rest the other hand on your hip.

Movement

Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold.

Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.

Back Flexion Stretch at Wall

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position with your back against a wall.

Movement

Lift one knee and pull it toward your chest as you let your back slump forward, leaning on the wall for support. Hold this position.

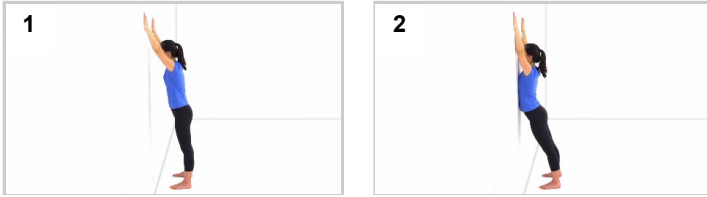
Tip

Make sure to maintain your balance during the exercise.

Standing Lumbar Extension at Wall

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position with your hands overhead resting on a wall.

Movement

Slowly press your pelvis forward toward the wall, arching your low back. Hold briefly, then return to the starting position and repeat.

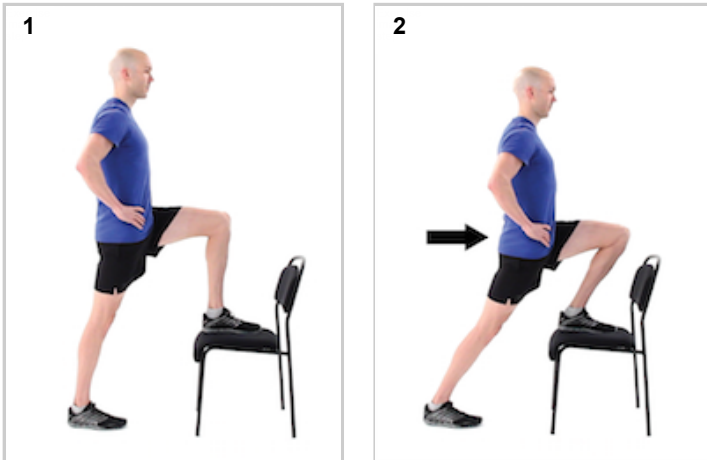
Tip

Make sure to keep your upper back relaxed during the exercise.

Hip Flexor Stretch with Chair

REPS: 5

HOLD: 5"



Setup

Begin in a standing position with one leg resting on a table or chair and the leg to be stretched resting on the ground.

Movement

Keeping your back straight and upright, squeeze your bottom, and slowly shift your weight forward until you feel a stretch in the front of your hip.

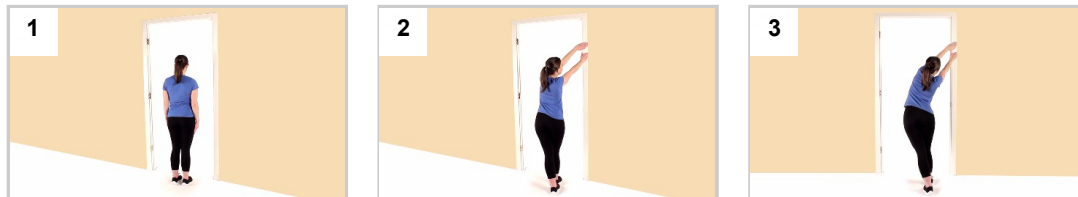
Tip

Make sure to keep your hips and shoulders facing forward, and do not arch your low back.

Standing Quadratus Lumborum Stretch with Doorway

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position to the side of a doorframe.

Movement

Cross your outside leg behind the other and hold onto the doorframe, then slowly lean your hips away until you feel a gentle stretch along the side of your body.

Tip

Make sure to maintain a gentle stretch and only move in a comfortable range.