

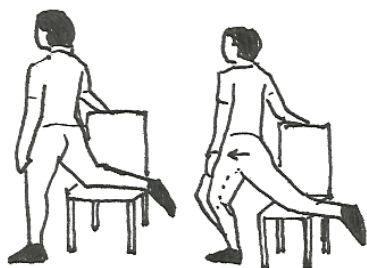
LOWER BACK & LEGS

Stretching Therapeutic Exercises

GENERAL INSTRUCTIONS:

Do only those exercises taught to you by your therapist.
Exercise twice daily, 10 of each.

Psoas: Place knee on chair. Bend the opposite knee so that you can feel a stretch. Do not allow your back to arch. Hold 5 seconds. Repeat on the other side.



1

Hamstrings: Sit with feet against the wall and hands behind back. Allow trunk to slump (slouch with poor posture). Bend neck forward until you feel a stretch. Hold 5 seconds.



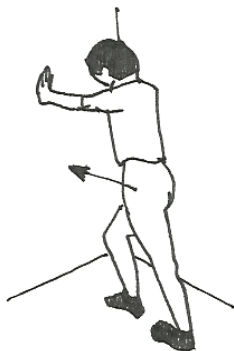
2

Quadriceps: Stand up straight, near something you can use for support. Bend your left knee to bring your heel up toward your buttocks. Reach back and grab your foot or ankle. Pull your leg behind you. Repeat on the right side.



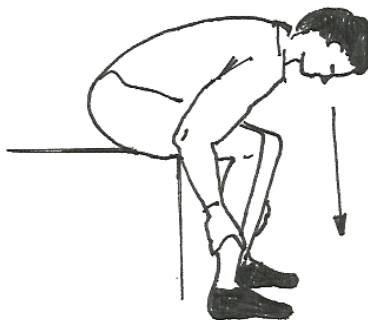
3

Soleus: Face a wall, about two paces away. Place your hands against the wall. Step forward with your right leg, keeping both heels flat on the floor. Lean your hips toward the wall while keeping your left leg straight to stretch your calf. Repeat on the other side.



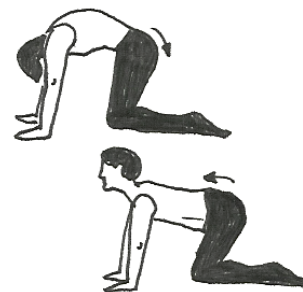
4

Erector Spinae: Sit down. Bend forward and reach down to grasp your calves with both hands. Pull your body toward the floor. Hold. Relax.



5

Erector Spine: Cat & Cow Stretch. Get on your hands and knees. Put your hands under your shoulders and knees under your hips. Let your head hang down. Pull your stomach in and arch your back up. Hold and release. Slowly let your back sag down and raise your head up.



6

EXERCISE GUIDELINES:

Exhale on exertion. Hold position for 30 seconds and then relax.

Pulling sensations may occur while exercising. Stop exercising if you experience pain, nausea or dizziness.