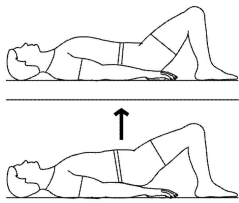
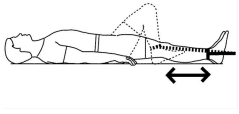
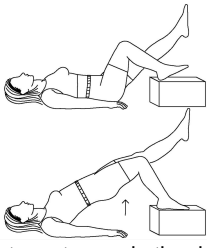
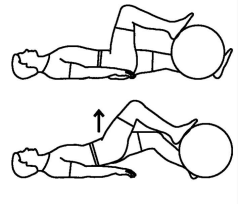
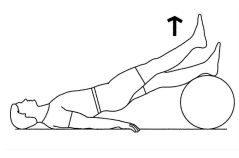
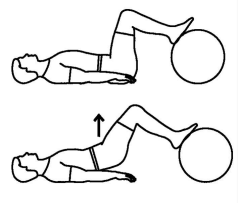


<p>AROM lumbar bridging bil</p>  <ul style="list-style-type: none"> • Lie on back with knees bent. • Lift buttocks off floor. • Return to start position. <p>Special Instructions: Maintain neutral spine.</p> <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Resist hip/knee flx (heel slides) supine w/elastic</p>  <ul style="list-style-type: none"> • Secure elastic as shown. • Loop around ankle. • Lie on back with legs straight. • Slide heel up to buttocks. • Return to start position. <p>Perform 3 sets of 10 Repetitions, once every other day.</p> <p>Use Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>AROM lumbar ext, supine (single leg bridge) w/step</p>  <ul style="list-style-type: none"> • Lie on back with one foot on step and other leg extended. • Lift buttocks upward, keeping one leg straight. • Lower and repeat. <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Use Step. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>AROM lumbar bridging hamstring uni w/ball</p>  <ul style="list-style-type: none"> • Lie on back. • Place foot on ball, other foot on floor. • Lift buttocks off the floor. • Lower and repeat. • Repeat with other foot on ball. <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>AROM hip ext alt straight leg w/ball</p>  <ul style="list-style-type: none"> • Lie on back with ankles on ball. • Lift buttocks up as shown. • Lift one leg off of ball and lower leg back to ball. • Lift other leg off of ball and lower leg back to ball. • Lower buttocks and repeat. <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>AROM lumbar bridging hamstring bil w/ball</p>  <ul style="list-style-type: none"> • Lie on back. • Place feet on ball. • Lift buttocks off the floor. • Lower and repeat. <p>Perform 3 sets of 20 Repetitions, once a day.</p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>

Issued By: Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.