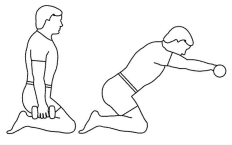


Resist lumbar flx kneel w/wt



- Kneel in upright position with buttocks on heels.
- Hold weights in hands.
- Arms begin at sides.
- Lift arms up and to front while lifting up off buttocks and leaning forward with trunk.
- Keep low back straight.
- Return to start position and repeat.

Special Instructions:

Keep low back straight and abdominal muscles tight.

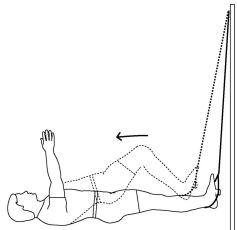
Perform 5 sets of 1 Minute, once a day.

Use Kilograms.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee flx bil hip ext arms up w/TRX



- Lie face up, arms up, legs straight with heels in TRX straps as shown.
- Lift hips off floor and bend knees bringing heels towards buttocks.
- Return and repeat.

Special Instructions:

Refer to manufacturer's instructions for adjusting settings and resistances.

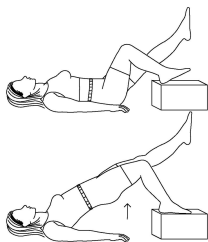
Perform 3 sets of 20 Repetitions, once a day.

Use TRX.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar ext, supine (single leg bridge) w/step



- Lie on back with one foot on step and other leg extended.
- Lift buttocks upward, keeping one leg straight.
- Lower and repeat.

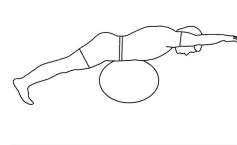
Perform 3 sets of 20 Repetitions, once a day.

Use Step.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar bil arm prone on Ball



- Lie face down over ball as shown.
- Raise both arms up, keeping elbows straight.
- Hold, lower and repeat.

Special Instructions:

Maintain proper back posture, do not allow hips to twist.

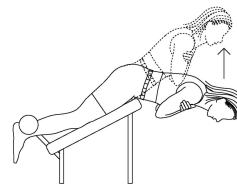
Perform 5 sets of 1 Minute, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM trunk ext w/incline bench



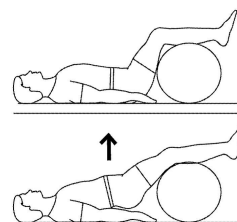
- Lie face down on incline trunk extension bench as shown.
- Bend forward, then straighten trunk.
- Return and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar bridging bil on Ball



- Lie on back with knees bent over ball as shown.
- Lift buttocks off floor.
- Return to start position.

Special Instructions:

Maintain neutral spine.

Perform 5 sets of 1 Minute, once a day.

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.