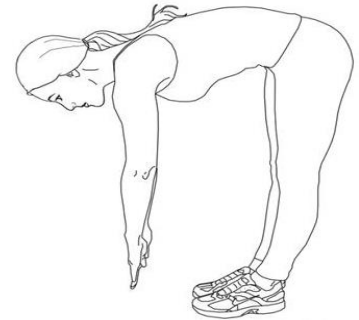


LOW BACK/HIP EXERCISES

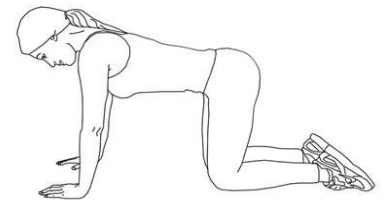
Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up by using your hands to walk up your legs. This will increase the mobility in your spine, and also stretch your hamstrings.



Cat Camel Stretch

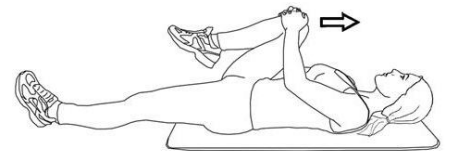
Start in a neutral, four point position on your hands and knees, and round your back from an arched position. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable.



Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your Chiropractor. Relax, and then repeat as necessary.

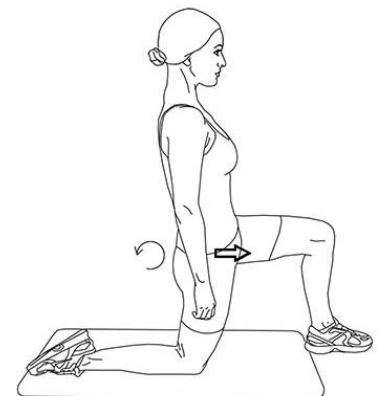
Perform both sides.



Hip Flexor Stretch

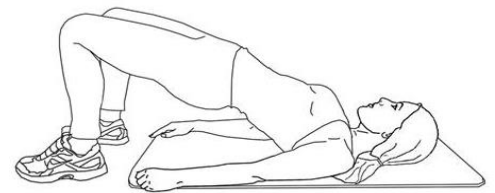
In a kneeling lunge position, move your body forward to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backward as shown. Use a pillow under your knee if you find you need the padding.

Repeat both sides.



Supine Bridge Basic

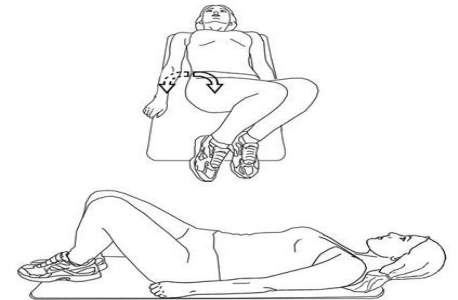
Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.



Lumbar Rotation

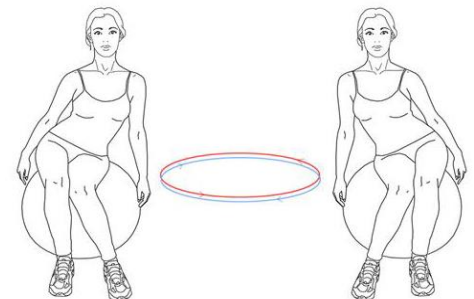
Bend your knees, and keeping your feet flat on the floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Perform both sides



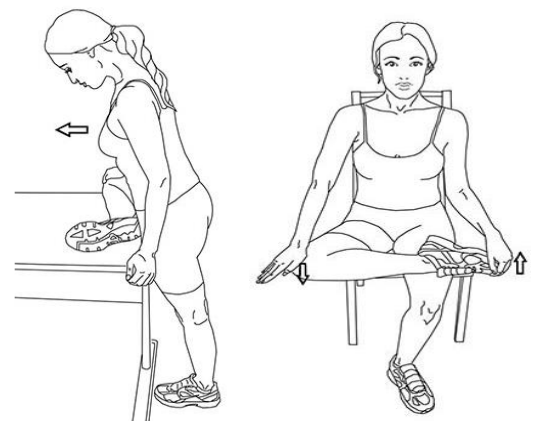
Lumbar Rotation – Swiss Ball

Sit on a Swiss ball with good posture, and roll your hips in a circular direction. Perform the rotations in one direction, and then the other direction. This is a good core control and lower back mobility exercise, especially useful if you have acute lower back pain or disc problems.



External Rotation Glute Stretch (Standing/Seated)

Place your foot on a table, with your leg turned inwards. Lean forwards slightly to feel a stretch in your buttock. Hold the stretch. **Repeat both sides.**



Disclaimer: These exercises are intended to improve your condition by accompanying your current treatment plan. If any of these exercises increase discomfort, please discontinue immediately and inform Dr. Allen. These exercises may be continued as needed after you have been moved to maintenance care.