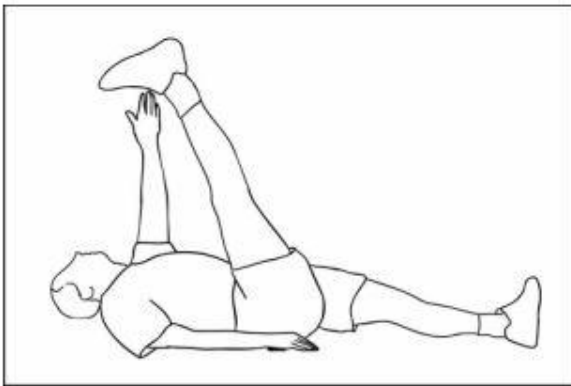


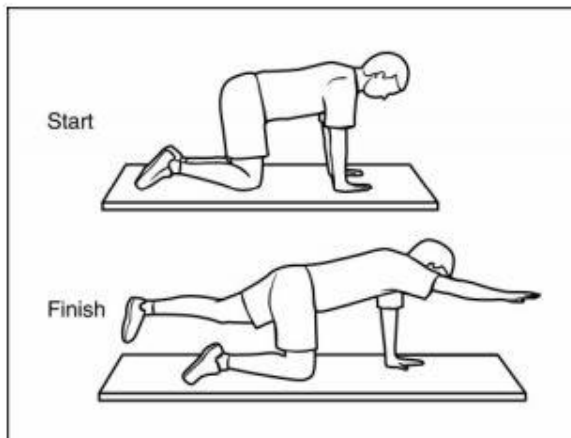
CAT BACK STRETCH

Kneel on your hands and knees in a relaxed position. Raise your back up like a cat and hold for 30 seconds. Relax for 30 seconds. Repeat 10 times.



LEG CROSS-OVER

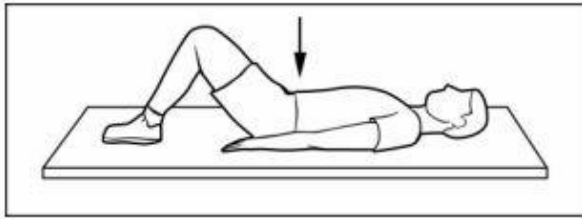
Lie on the floor with your legs spread and your arms at your sides. Keeping the leg straight, bring your right toe to your left hand. Try to keep the other leg flat on the floor, but you may bend it slightly if needed for comfort. Hold the maximum stretch for 30 seconds and then relax for 30 seconds. Repeat with the left leg and the right hand. Repeat the sequence 10 times.



BIRD DOG

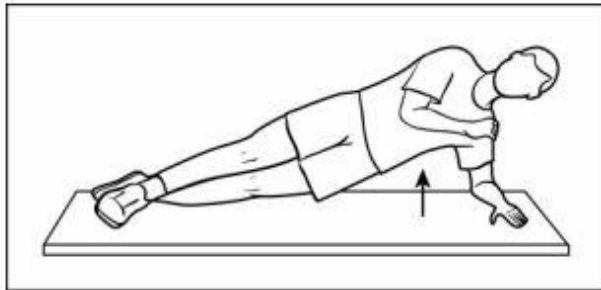
Kneel on the floor on your hands and knees. Lift your right arm straight out from the shoulder, level with your body, at the same time you lift your left leg straight out from the hip. Start by holding the position for 15 seconds. Repeat with the opposite arm and leg. Perform 5 repetitions daily. The goal is to hold this position for 150 seconds (30 years of age or older) or 170 seconds (younger than 30 years).

Home Exercises for the Lumbar Spine



ABDOMINAL BRACING

Lie on your back on the floor with your arms at your sides, your knees bent, and your feet flat on the floor. Contract your abdominal muscles so that your stomach is pulled away from your waistband. Hold this position for 15 seconds. Perform 5 repetitions daily.





SIDE BRIDGES

Lie on your side on the floor. With your elbow bent at 90°, lift your body off the floor as shown, keeping your body straight. Hold the position for 15 seconds and then repeat on the other side. Perform 5 repetitions daily. The goal is to hold the position for 150 seconds on each side. Note: For beginners, the knees may be bent 90°.

Exercise Ball

When sitting on an exercise ball you want your hips and knees to be at a 90° angle.

<p>HIP ROLLS</p> 	<p>GENTLE ABDOMINALS</p> 
<p>Shift weight around in a circular motion clockwise and counter clockwise. Rock back and forth and side to side. Make sure your motions are slow.</p>	<p>Lay flat on the ground with legs bent. Place both legs on the exercise ball. Roll legs over ball to the left and back to the right with a controlled motion.</p>