

**AROM lumbar pelvic tilt post supine**

- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 3 Seconds.  
Perform 1 repetition every 5 Seconds.

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**AROM lumbar flx bil knee to chest**

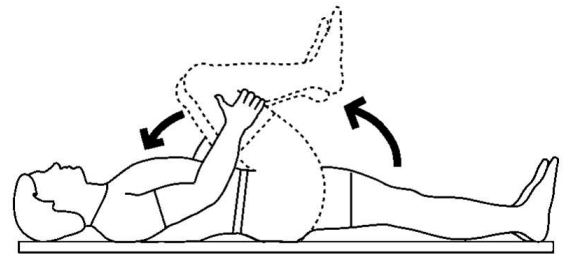
- Lie on back.
- Bring both knees up to your chest.
- Keep hands under knees.
- Return to start position.

**Special Instructions:**

It may help to grasp your legs behind your knees and pull to your chest.

Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 3 Seconds.  
Perform 1 repetition every 5 Seconds.



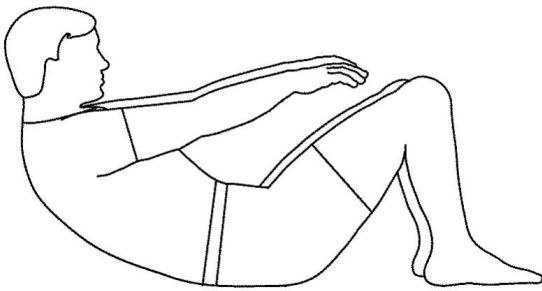
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**AROM lumbar flx (crunches) supine arms straight**

- Lie on back with knees bent, arms at side.
- Begin with head and slowly curl up lifting shoulders off floor, reaching to knees with arms straight.
- Keep low back in contact with floor.
- Slowly return to start position and repeat.

Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 3 Seconds.  
Perform 1 repetition every 4 Seconds.

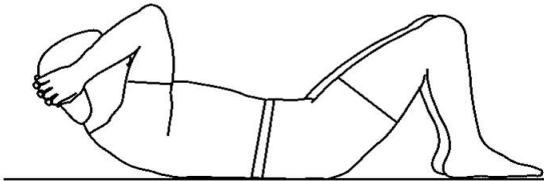
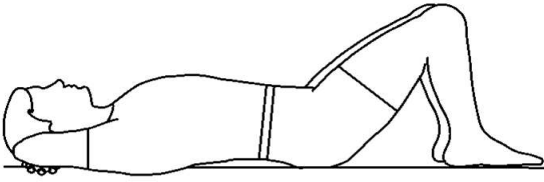


**AROM lumbar flx (crunches)**

- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 3 Seconds.  
Perform 1 repetition every 4 Seconds.



**AROM lumbar flx kneeling**

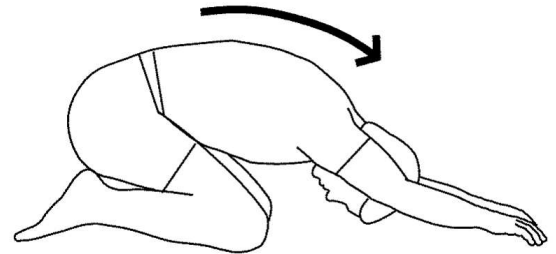
- Begin kneeling on floor.
- Sit back on heels.
- Bend forward with trunk, bending head and chin to chest.
- Reach forward with hands, placing them on floor and hold.
- Return to start position and repeat.

**Special Instructions:**

Should feel a stretch / pull but no pain.

Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 10 Seconds.

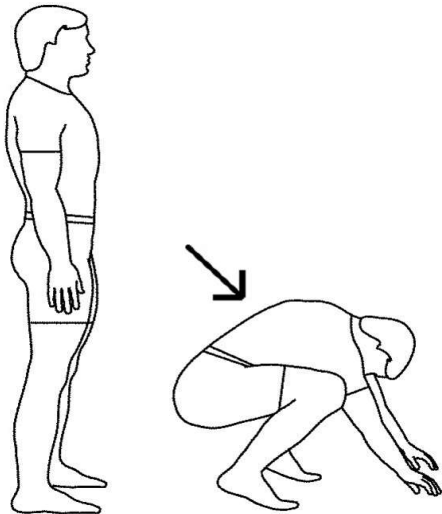


**AROM lumbar flx standing squat**

- Stand with feet shoulder distance apart.
- Squat down and bend down and forward reaching to floor with arms.
- Return to standing position and repeat.

Perform 1 set of 10 Repetitions, three times a day.

Hold exercise for 5 Seconds.  
Perform 1 repetition every 10 Seconds.



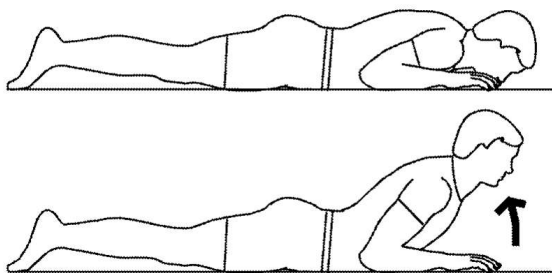
**AROM lumbar ext prone (elbow press ups)**

- Lie face down, elbows bent, hands beside face.
- Push up to elbows, keeping hips on floor.
- Return to start position and repeat.

**Special Instructions:**

Perform at rate of one arch per second.  
Progress by straightening arms, pushing up.  
Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 5 Seconds.  
Perform 1 repetition every 10 Seconds.



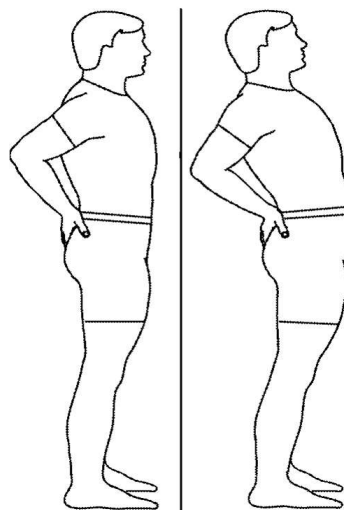
**AROM lumbar ext standing**

- Stand with feet shoulder distance apart.
- Place hands on hips as shown.
- Arch backwards.
- Return to start position and repeat.

**Special Instructions:**

Perform at rate of one arch per second.  
Perform 1 set of 15 Repetitions, three times a day.

Hold exercise for 3 Seconds.  
Perform 1 repetition every 10 Seconds.



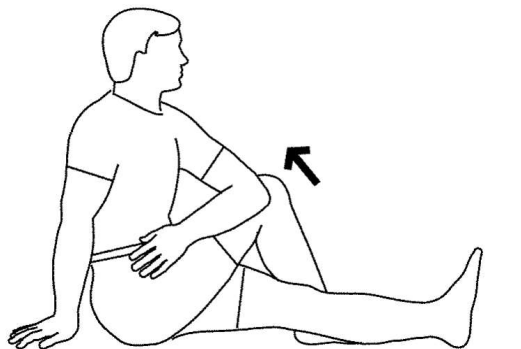
**Stretch Piriformis longit**

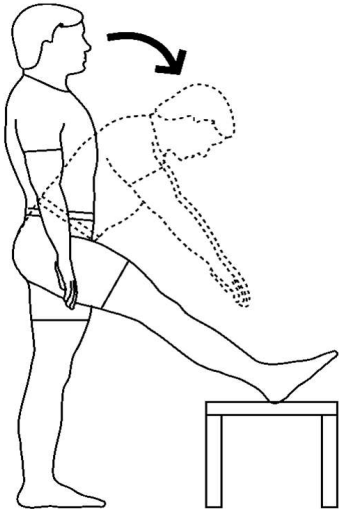
- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Relax and repeat with left leg.

**Special Instructions:**

Should feel a stretch / pull in your buttocks  
Perform 1 set of 5 Repetitions, three times a day.

Hold exercise for 15 Seconds.





**Stretch hamstring uni stand**

- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

**Special Instructions:**

Keep the knee straight. Feel a pull / stretch back of leg & knee  
Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 20 Seconds.  
Perform 1 repetition every 30 Seconds.

**Stretch Gastroc uni standing**

- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 60 Seconds.

