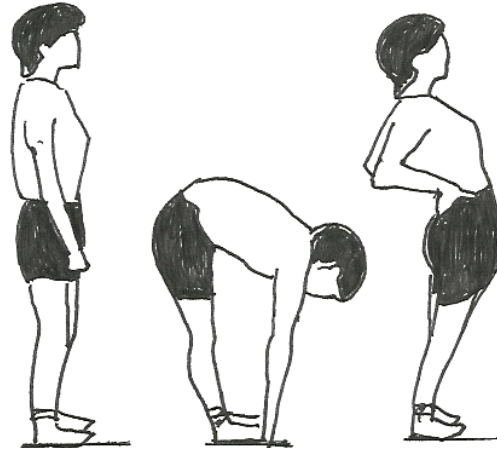


LOWER BACK

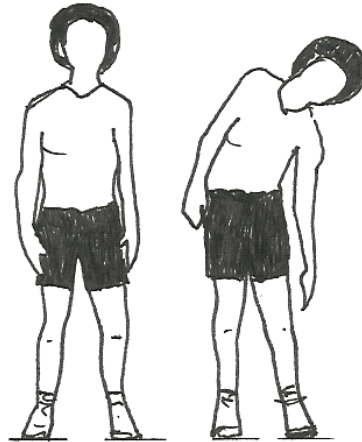
Range of Motion Therapeutic Exercises

Name _____ Date _____

Flexion/Extension: Stand upright with your arms relaxed at your sides and your feet slightly apart. Bend forward and reach for your toes, let gravity pull you towards the floor. Straighten back up and relax. Place your hands on the small of your back. Apply gentle forward pressure. Arch backwards, keeping your eyes level with the floor. Stop movement if you feel any pain.



Lateral Flexion: Stand upright with your arms relaxed at your sides and your feet slightly apart. Bend slowly to the right, sliding your hand down your leg. Keep both heels on the floor. Straighten back up and relax. Repeat to the left side. Stop movement if you feel any pain.



Rotation: Stand upright with your arms on your hips and feet slightly apart. Twist at the waist and look over your right shoulder with your head and eyes. Keep both feet on the floor. Return to starting position and relax. Repeat to the left side. Stop movement if you feel any pain.

