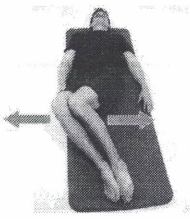


1



**LOWER TRUNK ROTATIONS
- LTR**

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 2 Times
 Hold 30 Seconds
 Complete 1 Set
 Perform 3 Time(s) a Day

2



**DOUBLE KNEE TO CHEST
STRETCH - DKTC**

While Lying on your back, hold your knees and gently pull them up towards your chest.

3



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

4



Standing QL stretch

Standing with one foot in front of the other, place your hand on your hip. Raise your other arm over your head and bend to the opposite side.

5



**PRAYER STRETCH -
LATERAL**

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

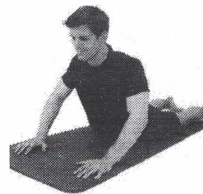
6



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows.

7



PRESS UPS

Lying face down, slowly press up and arch your back using your arms.

8



Lumbar rotation stretch

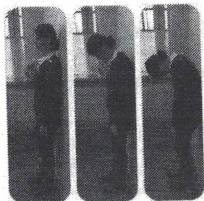
Lying on your side, reach the arm that is up backwards and the leg that is up forwards.

Lx ROM program

Created by Daniel Anderson Aug 3rd, 2017

View at "www.my-exercise-code.com" using code: JG8LX5T

9



Standing Roll Down

Stand with your feet parallel and hip's distance apart. Your heels should be about 6 inches from the wall. Stand with excellent posture, shoulder blades retracted, chin tucked, core engaged, and pelvis tucked. Slowly peel one vertebrae at a time off of the wall as you sink your breastbone down and back. Your knees may be slightly bent if necessary. Roll down until you feel that several vertebrae are peeling off the wall at once. Stay there and explore you segmental mobility. Once you reach the point where your lumbar spine has been peeled off of the wall, slowly begin to unfold up and place each vertebrae, one at a time, back on the wall as you come back to standing.

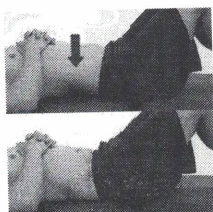
12



Self STM: lumbar paraspinals

Stand against a door/wall and place a ball between the door/wall and your low back muscles on either side of your spine. Use the ball to perform self massage to these muscles. Focus on areas that feel tight or tender.

10



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

11



PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.