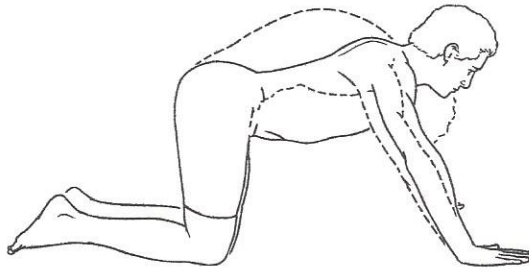
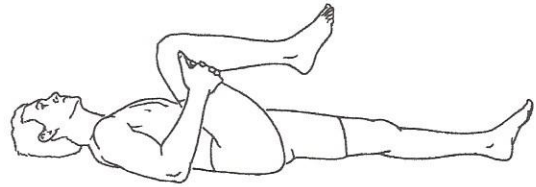


BACK - 14 Angry Cat Stretch



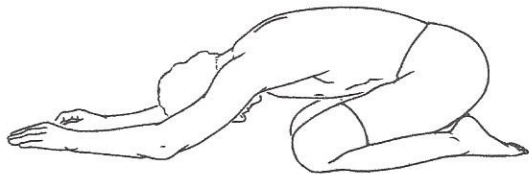
Tuck chin and tighten stomach, arching back.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 18 Knee-to-Chest Stretch: Unilateral



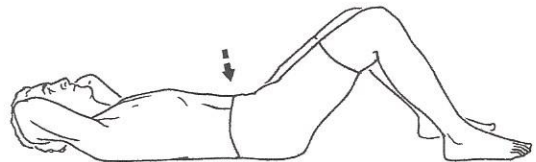
With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 20 Mid-Back Stretch



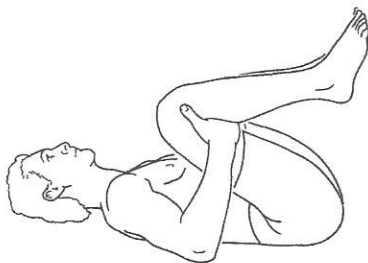
Push chest toward floor, reaching forward as far as possible. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 22 Pelvic Tilt



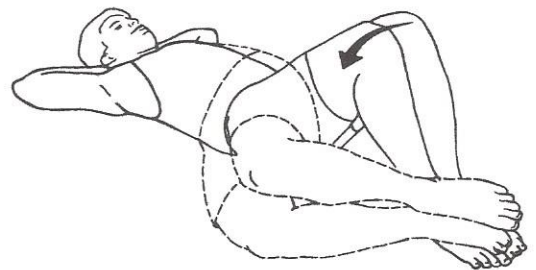
Flatten back by tightening stomach muscles and buttocks.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

LOWER BACK - 7 Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold 20-30 seconds. Repeat to other side.
Repeat 2-3 times. Do 1-2 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.