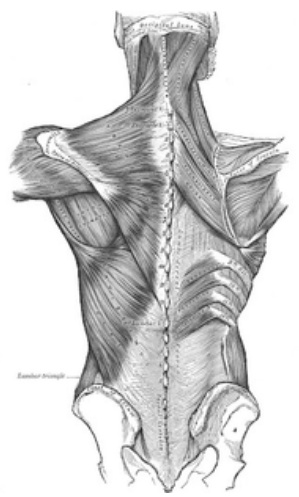




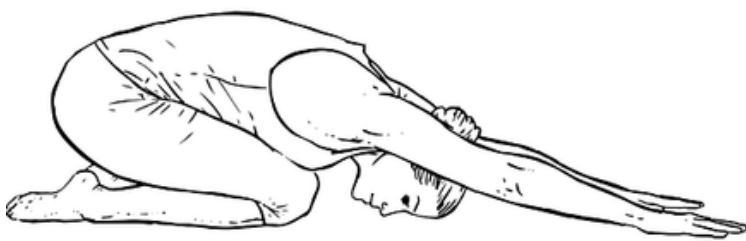
Stretching The Lower Back



1

Hug knees

Lie on your back with bent knees, then gently pull your knees towards your chest, hold for a few seconds,



2

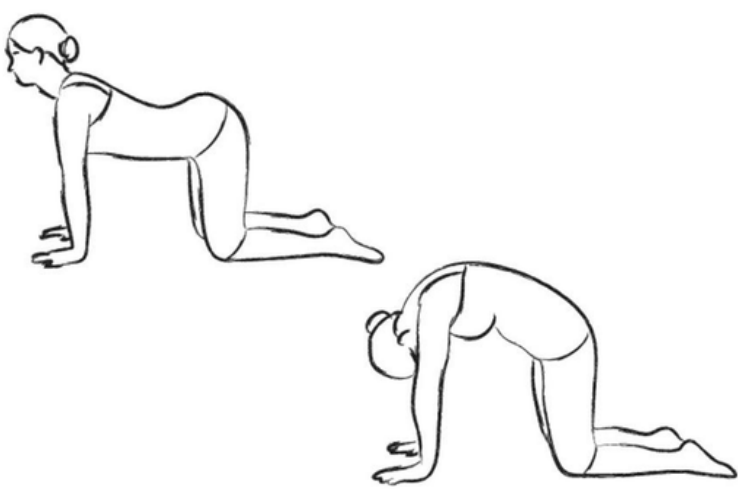
Childs pose

Kneel and sit on your knees. Lean forward, keeping your buttocks on your heels, and rest your forehead on the floor with arms outstretched.

3

Lower back rotation

Lie on your back with bent knees and feet flat, then gently rotate your knees to one side, keeping your shoulders and upper back grounded, hold for a few seconds, and repeat on the other side.



4

Cat cow stretch

On your hands and knees arch your back gently and lift your chin, holding for a few seconds. Then round your back and tuck your chin, holding for a few seconds.

5

Glute stretch

Lie on your back, cross one ankle over the opposite knee (figure-4 position), and gently pull your legs towards your chest, feeling a stretch in your buttock, holding for 30 seconds, and repeating on each side.



Exercises help strengthen supporting muscles, maintain range of motion, improve circulation to the affected area, and reduce pain and stiffness.

Perform exercises and stretches as directed by your chiropractor, staying within your comfort level. If you experience severe pain, stop immediately and consult your chiropractor with any concerns.

