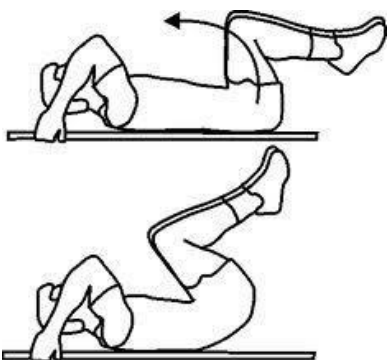
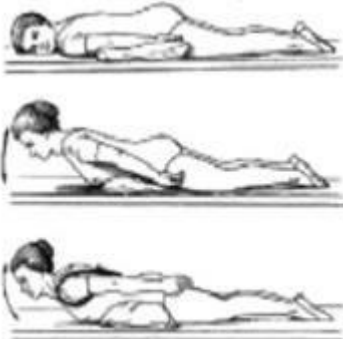
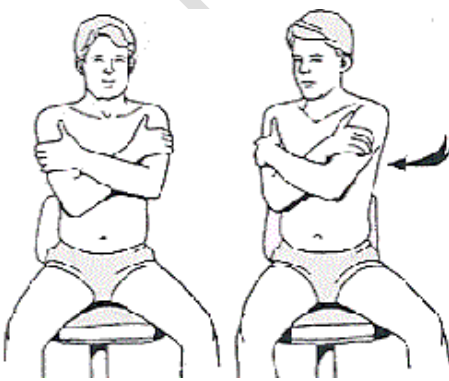
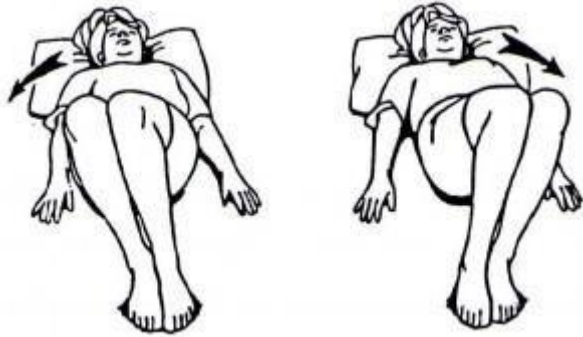


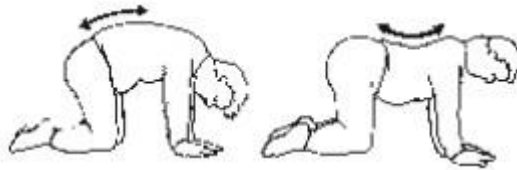
Lumbar Range of motion exercises	Descriptions
<p data-bbox="235 304 332 336">Flexion</p> 	<p data-bbox="860 336 1372 451">Lying down on back, gently lift your both legs with knees bend as much you can.</p>
<p data-bbox="235 798 365 829">Extension</p> 	<p data-bbox="860 934 1388 1113">Lying flat on ground with a pillow under your stomach, gently lift you head up and hold it for 15 counts then lift your head + upper back and hold it for 15 counts.</p>
<p data-bbox="235 1291 365 1323">Rotations</p> 	<p data-bbox="860 1627 1315 1701">Gently rotate trunk side to side in a small, pain-free range of motion.</p>

Lumbar rotation



Slowly rotate knees from side to side in pain-free range of motion. Allow lower back to rotate.

Cat and camel



Begin on floor on hands and knees. Hips should be above knees and shoulders above hands. Attain a straight spine position. Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 30 seconds and repeat 3 repetitions for 3 sets.

ANN PHYSIO CARE