

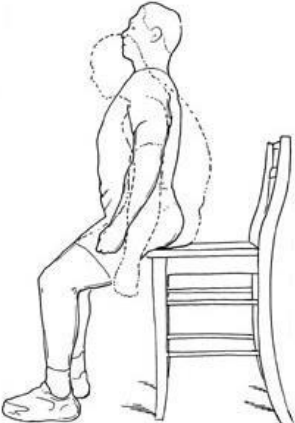



Back stretching exercises	Descriptions
	<p>Bring knee to chest and hold. For more stretch, bring head to knee and hold.</p>
	<p>Bring both knees to chest and hold. For more stretch, bring head to knee and hold.</p>
<p>Side Flexion and extension</p>	
	<p>Sit on the chair as shown on picture, Bend on both sides stretching your para spinal muscles.</p>
	<p>Kneel and place the head on the floor, feet together with the hands on the heels. Gently pull the body back onto the heels until the stretch is felt, and hold.</p>