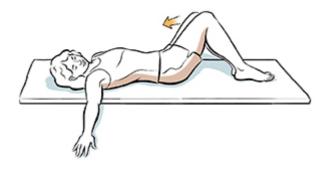
Lumbar Rotation



- Lie on your back on the floor, with your knees bent and your feet flat on the floor. Don't press your neck or lower back to the floor.
- 2. Lean both of your knees to one side. Turn your head in the opposite direction. Keep your shoulders flat on the floor. Be gentle and don't push through pain.
- 3. Hold for 20 seconds, or as instructed. Then slowly move your knees and head in the other direction.
- 4. Repeat 2 to 5 times, or asinstructed.



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