

## Lumbar Rotation



1. 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 as instructed.



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