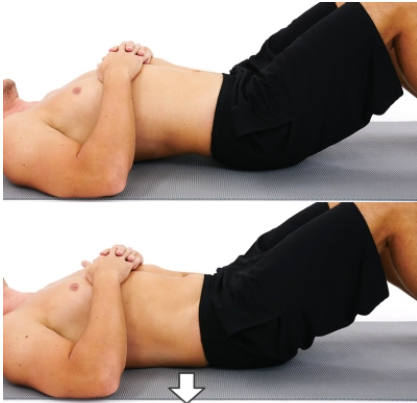


COMMENTS:

No Lifting



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times

Hold 5 Seconds

Perform 1 Times a Day



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

tuck your pelvis and reach the knees outward to create a straight spine and extended hip.



Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 1 Times a Day