## **Lower Back**

## 11 Superman tract

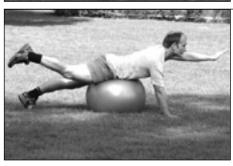
exercises to be carried out only under the instruction of your chiropractor



**A** Kneel on the floor with your chest on the ball.



**B** Roll forward on the ball, straightening both legs.



C Lift one leg and opposite arm.Hold for 4 seconds.Lower and repeat with the opposite arm and leg.

Repeat 20 times daily.

