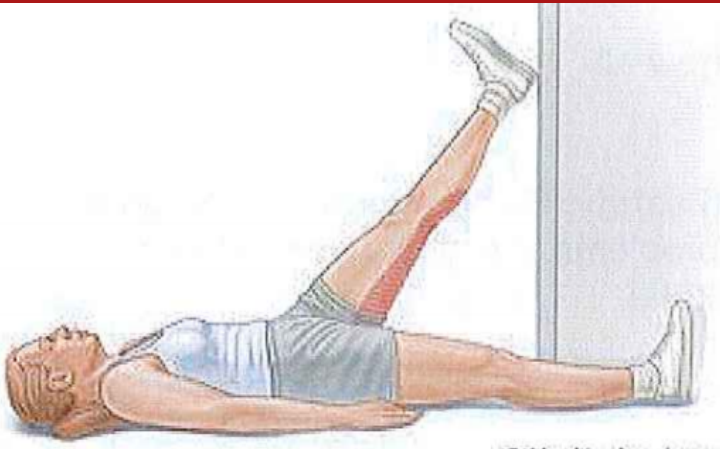


LOW BACK PHYSICAL THERAPY

Here are examples of how to strengthen the low back and alleviate pain. Ease off the exercise if you start to have pain. Your doctor will tell you when to start and which exercises work best for you. Follow the QR code for videos to guide you through these exercises.

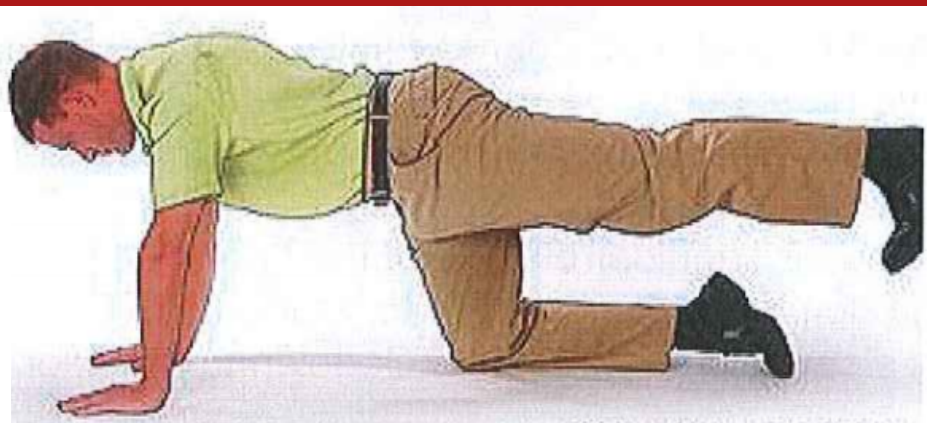


Hamstring stretch in doorway



Press-up

Hip flexor stretch



Alternate arm and leg exercise

Knee-to-chest stretch



Pelvic tilt exercise



Wall sitting exercise



Bridging with heel digging



Curl-ups

