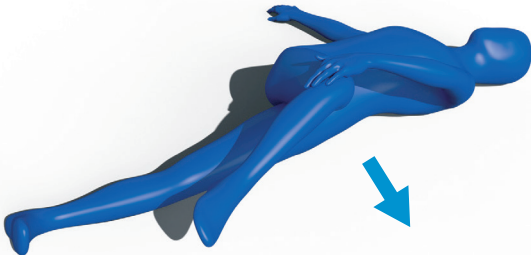


LOWER BACK PAIN RELIEF EXERCISES

- 01** Lie on your back and bring one leg up with your knee bent 90 degrees.



- 02** Grab the outside of your knee with the opposite hand and gently pull your leg over.



- 01** Lie flat on your back and place your foot on the outside of the opposite knee.



- 02** Grab the raised knee with both hands. Gently pull your knee towards your opposite shoulder.



- 01** Start on your knees and then position your leg in front of you, keeping a 90 degree angle.



- 02** Slowly lean over your leg, placing your arms on the ground in front on your leg.



- 01** Lie on your back with your arms out to the sides (palms down), feet flat on floor knees about 45 degrees.



- 02** Keep your shoulders against the floor and keep your knees together as you rotate slowly side to side.

