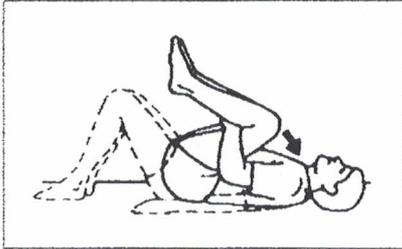


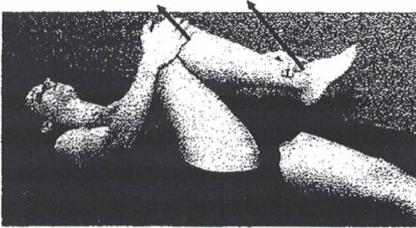
## Low Back Exercises

Do these exercises before getting out of bed in the morning and before going to sleep at night. You may also do them anytime during the day that you feel you need it.

As you lie on your back,



- Take a deep breath in and as you exhale slowly, 6 second count
- Slowly bring both knees to your chest, grab knees with hands and gently pull.
- Keep breathing and hold stretch for 8-10 sec.
- Repeat 5-8 times.



### Beginner Piriformis stretch:

- Take a deep breath in and as you exhale slowly, 6 second count
- Slowly bring one knee to your chest, grab knee and ankle with hands and gently pull knee to opposite shoulder.
- Keep breathing and hold stretch for 8-10 sec.
- Repeat 5-8 times

### Sitting Piriformis Stretch

- Sitting in a firm chair, cross one ankle over other knee.
- Take a deep breath in and as you exhale slowly, 6 second count
- Lean forward into stretch
- Keep breathing and hold stretch for 8-10 sec.
- Repeat 5-8 times

