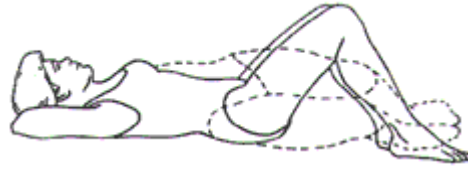


# Low Back Stenosis Program



KEEPING FEET TOGETHER ROTATE KNEES TO ONE SIDE THEN THE OTHER.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



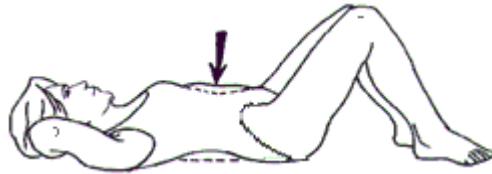
PULL BOTH KNEES IN TO CHEST UNTIL A COMFORTABLE STRETCH IS FELT IN THE LOWER BACK AND BUTTOCKS. KEEP THE BACK RELAXED.

<b>Repeat:</b>	3 times	<b>Sets:</b>	0
<b>Hold Time:</b>	20 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



SLOWLY RAISE BUTTOCKS AND LOW BACK FROM FLOOR AT THE SAME TIME KEEPING STOMACH TIGHT.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



FLATTEN OR PRESS YOUR BACK INTO THE FLOOR BY TIGHTENING YOU ABDOMINAL AND BUTTOCKS MUSCLES.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



ATTEMPT TO BRING ONE KNEE TOWARD THE CHEST WHILE PUSHING WITH THE HAND IN THE OPPOSITE DIRECTION AS ILLUSTRATED.

<b>Repeat:</b>	10 times	<b>Sets:</b>	1
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2 /day		



KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE 1/3 BENT. KEEP BACK FLAT.

<b>Repeat:</b>	10 times	<b>Sets:</b>	2
<b>Hold Time:</b>	5 secs	<b>Resistance/Time:</b>	0
<b>Sessions:</b>	2/day		