

Sub-Acute Low Back Pain Program



WITH ARMS ACROSS THE CHEST RAISE THE HEAD AND SHOULDERS FROM FLOOR KEEPING THE EYES LOOKING UP AT THE CEILING AND CURLING THE TRUNK.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day



KEEP EACH LEG STRAIGHT AND LIFT THE LEG 6-8 INCHES FROM FLOOR ALONG WITH THE OPPOSITE ARM.

Repeat: 10 times **Sets:** 2

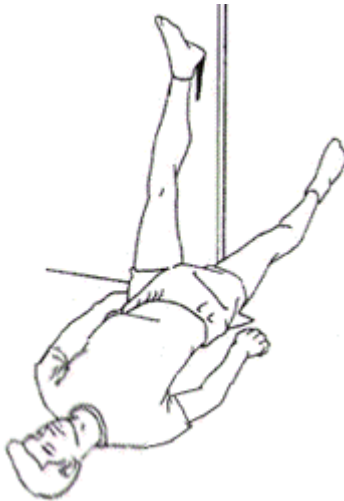
Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 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.

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



LIE IN THE DOOR AND PLACE YOUR HEEL ON THE DOOR WALL AS DIAGRAMMED. TO INCREASE THE STRETCH MOVE YOUR BOTTOM CLOSER TO THE DOOR.

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



LYING ON YOUR BACK CROSS THE INVOLVED LEG OVER THE OTHER KNEE. PULL THAT KNEE TOWARD THE OPPOSITE SHOULDER AS ILLUSTRATED UNTIL A STRETCH IS FELT IN THE BOTTOM.

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



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

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2		