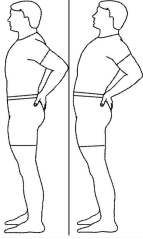


Comment:

Smith Chiropractic
8821 Valley View
Buena Park, CA 90620
(714) 527-3332

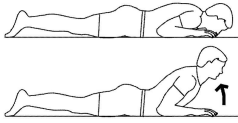
AROM lumbar ext standing



- Stand with feet shoulder distance apart.
 - Place hands on hips as shown. Arch backwards.
 - Return to start position and repeat.
- Perform 3 sets of 10 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

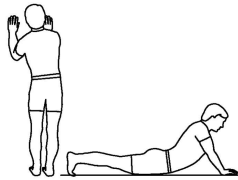
Lumbar Extension Phase 2



- Lie face down, elbows bent, hands beside face.
 - Push up to elbows, keeping hips on floor.
 - Return to start position and repeat.
- Perform 3 sets of 10 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext w/sideglide



- Lie face down, elbows bent, hands beside face.
 - Bend torso to indicated side & push up on hands, straightening elbows.
 - Keep hips on the floor.
 - Return to start position and repeat.
- Perform 3 sets of 10 Repetitions, twice a day.

Use Side.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Lumbar Extension Phase 1



- Lie face down with shoulders propped on pillow.
- Special Instructions:**
Increase time to 1-2 minutes as comfort allows.
Perform 1 set of 5 Minutes, twice a day.

Prone Extension Phase 3



- Lie face down, elbows bent, hands beside face.
 - Push up on hands, straighten elbows, keeping hips on floor.
 - Return to start position and repeat.
- Perform 3 sets of 10 Repetitions, twice a day.
- Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: Smith Chiropractic

Signature: _____

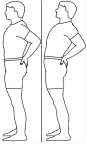
These exercises are to be used only under the direction of a licensed, qualified professional.
Smith Chiropractic

Except as to user supplied materials, Copyright 1995-2004 BioEx Systems, Inc.

Comment:

Smith Chiropractic
8821 Valley View
Buena Park, CA 90620
(714) 527-3332

AROM lumbar ext standing



Perform 3 sets of 10 Repetitions, twice a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

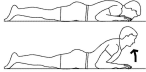
Lumbar Extension Phase 1

Perform 1 set of 5 Minutes, twice a day.



Lumbar Extension Phase 2

Perform 3 sets of 10 Repetitions, twice a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Prone Extension Phase 3

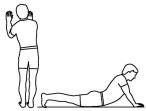
Perform 3 sets of 10 Repetitions, twice a day.



Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar ext w/sideglide

Perform 3 sets of 10 Repetitions, twice a day.



Use Side.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Issued By: Smith Chiropractic

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.
Smith Chiropractic

Except as to user supplied materials, Copyright 1995-2004 BioEx Systems, Inc.