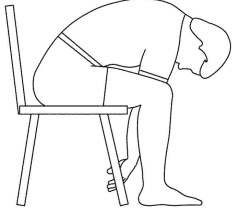


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Stretch lumbar flx sit

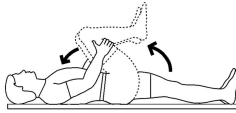


- Sit in chair with knees shoulder width apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar flx bil knee to chest

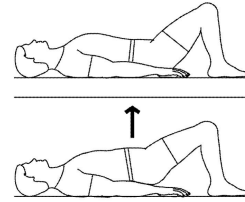


- Lie on back.
- Bring both knees up to your chest one at a time.
- Hold knees on your chest 20 seconds
- Return to start position.

Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 1 Minutes between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar bridging bil



- Lie on back with knees bent and pelvis flattens against floor.
- Lift buttocks off floor.
- Return to start position.

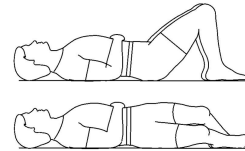
Special Instructions:

Maintain neutral spine.

Perform 3 sets of 10 Repetitions, twice a day.

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

AROM lumbar rotn supine



- Lie on back with knees bent, feet flat on floor as shown.
- Keeping knees together, move knees to the left as far as is comfortable.
- Next, move knees to the right as far as comfortable.
- Return to start position.

Special Instructions:

Keep your shoulders flat against the floor.

Perform 3 sets of 10 Repetitions, twice a day.

Rest 30 Seconds between sets.
Perform 1 repetition every 4 Seconds.

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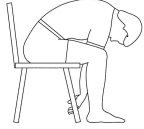
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Stretch lumbar flx sit



Perform 1 set of 4 Repetitions, twice a day.

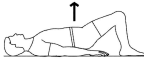
Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar bridging bil

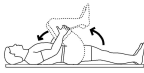


Perform 3 sets of 10 Repetitions, twice a day.

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



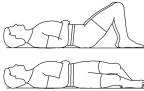
AROM lumbar flx bil knee to chest



Perform 3 sets of 10 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 1 Minutes between sets.
Perform 1 repetition every 4 Seconds.

AROM lumbar rotn supine



Perform 3 sets of 10 Repetitions, twice a day.

Rest 30 Seconds between sets.
Perform 1 repetition every 4 Seconds.

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