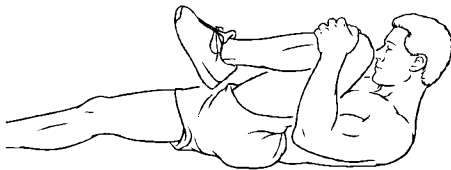




Routine For:
Created By: LEAH PELTIER, LAT

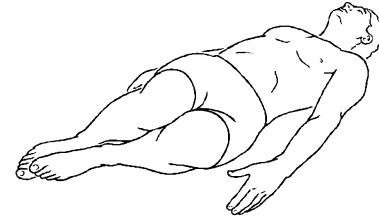
12-30-2008
PHASE I: LUMBAR STRETCHING

BACK - 82 Knee-to-Chest: with Neck Flexion Stretch
(Supine)



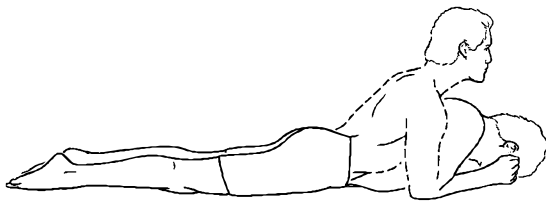
Pull left knee to chest, tucking chin and lifting head.
Hold ____ seconds. Relax.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 16 Lower Trunk Rotation Stretch



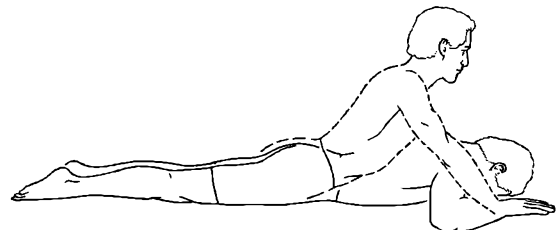
Keeping back flat and feet together, rotate knees to left side. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 1 On Elbows (Prone)



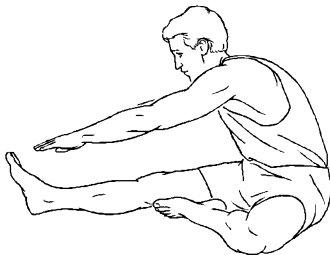
Rise up on elbows as high as possible, keeping hips on floor.
Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.

BACK - 33 Hamstring Stretch



Reach down along right leg until a comfortable stretch is felt in back of thigh. Be sure to keep knee straight.
Hold ____ seconds.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per day.