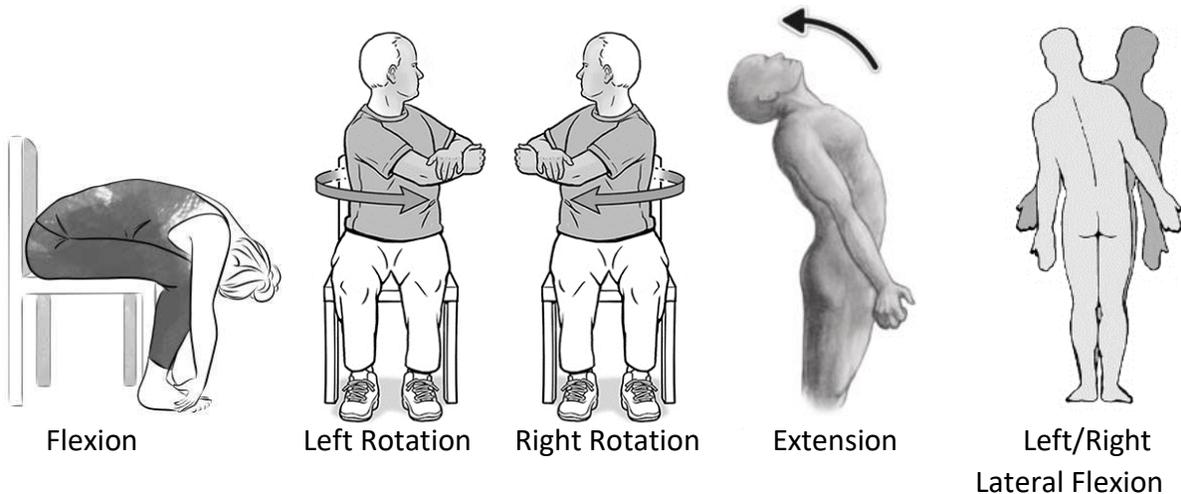


## Lumbar Range of Motion Exercise

- Flexion: While sitting on a chair, flex the upper body forward from the waist and attempt to touch your toes with your fingers. Hold for 10 seconds.
- Right and Left Rotation: While sitting on a seat with no armrests, twist the upper body to the right as far as you can. Hold for 10 seconds. Repeat to the left.
- Extension: While standing, extend the upper body backwards from the waist as far as you can. Hold for 10 seconds.
- Right and Left Lateral Flexion: While standing, slide your hand down the outside of your right leg as far as you can down towards your knee. Hold for 10 seconds. Repeat to the right side.



Do the above exercises 2 times a day

*\*Note: Do not exercise if your pain is rated above a 5/10.*