

Protocol: Low Back Strain

L1 Single Knee to Chest Stretch

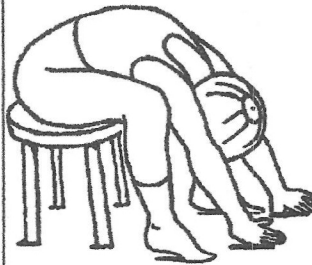
With both knees bent, pull one knee toward chest until a comfortable stretch is felt in the lower back and buttocks. Hold. Repeat with opposite knee.



Hold __ seconds. Relax.
 Repeat __ time(s) on each side.
 Do __ sessions per day.

L3 Seated Low Back Stretch

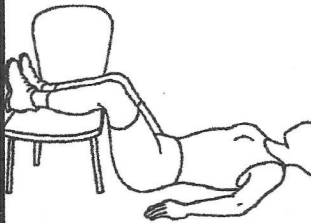
Sit in chair with knees spread apart and lower yourself forward so your hands touch the floor and you feel a comfortable stretch in the lower back. Hold. Push up with arms to return.



Hold each stretch __ seconds.
 Repeat __ time(s).
 Do __ session(s) per day.

L7 Low Back Relaxation

Lay down on the floor and place both legs, one at a time, over the chair. Let the lower back relax.



Perform for __ minute(s).
 Do __ session(s) per day.

L10 Posterior Pelvic Tilt

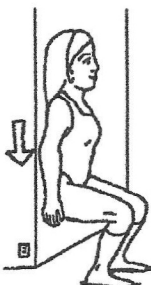
Flatten back against floor by tightening stomach and buttocks.



Hold __ seconds. Relax.
 Repeat __ time(s).
 Do __ session(s) per day.

L12 Wall Slides

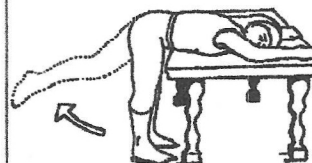
With head and back against wall and feet positioned in front of and slightly wider than shoulder width apart, slowly bend your knees lowering buttocks toward floor.



Hold __ seconds, then return to starting position.
 Repeat __ time(s).
 Do __ session(s) per day.

L13 Hip Extension with Support

With upper body supported on table as shown, raise legs alternately from floor.



Repeat __ time(s) on each side.
 Do __ session(s) per day.