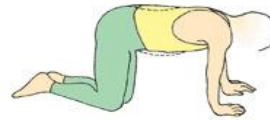




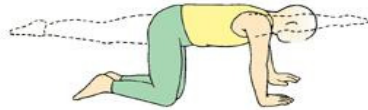
Low Back Pain Exercises



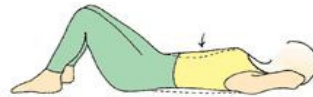
Standing hamstring stretch



Cat and camel



Quadruped arm/leg raises



Pelvic tilt



Partial curl



Trunk rotation



Piriformis stretch



Double knee to chest