

Lumbar Extension Pain Relief Exercises

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View at "www.my-exercise-code.com" using code: DW4LY5X

Fit Stop Physical Therapy 172 N East Promontory Suite 200 Farmington, UT 84025

Total 3



PRONE ON ELBOWS - POE

Lying face down, slowly raise up and prop yourself up on your elbows.

Hold 1 Minute Complete 3 Sets

Perform 6 Time(s) a Day



PRESS UPS

Lying face down, slowly raise up and arch your back using your arms.

Repeat 10 Times
Hold 4 Seconds
Complete 2 Sets

Perform 6 Time(s) a Day



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back.

Repeat 10 Times
Hold 4 Seconds
Complete 2 Sets

Perform 6 Time(s) a Day