

# General Lumbar Pain Relief Exercises

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View at "[www.my-exercise-code.com](http://www.my-exercise-code.com)" using code: *VKAUMUD*

Total 3



## LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 20 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 5 Time(s) a Day



## CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

Repeat 20 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 5 Time(s) a Day



## EXERCISE BALL - PELVIC TILTS

While sitting on an exercise ball, slowly arch and flatten your lower back.

Repeat 20 Times  
Complete 2 Sets  
Perform 3 Time(s) a Day