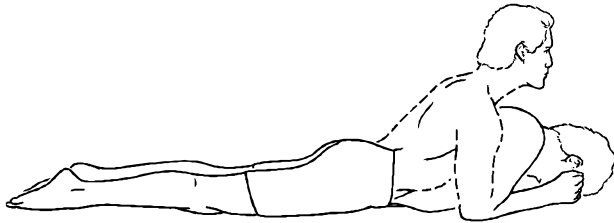
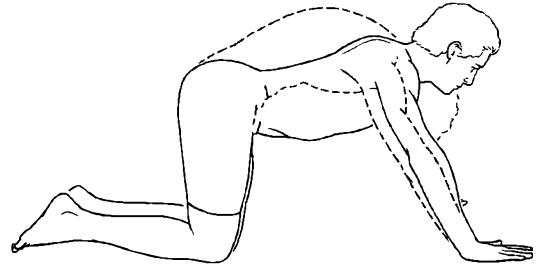


BACK - 1 On Elbows (Prone)



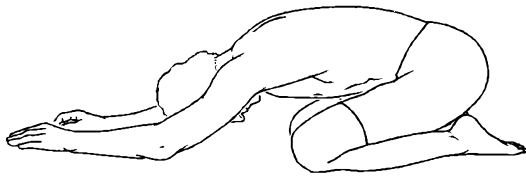
Rise up on elbows as high as possible, keeping hips on floor.  
Hold 20 seconds.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

BACK - 14 Angry Cat Stretch



Tuck chin and tighten stomach, arching back.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

BACK - 20 Mid-Back Stretch



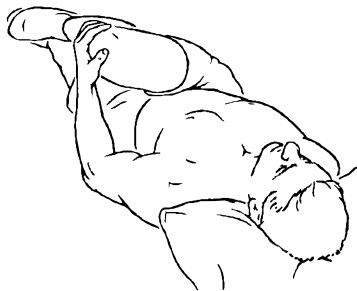
Push chest toward floor, reaching forward as far as possible.  
Hold 20 seconds.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 48 Piriformis (Supine)



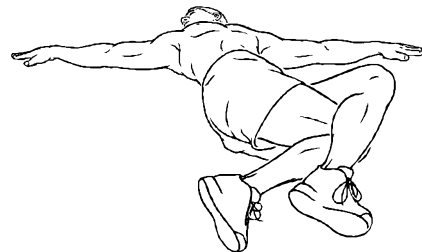
Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg.  
Hold 20 seconds.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)



Pull right knee toward opposite shoulder. Hold 20 seconds. Relax.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

SPINAL MOBILIZATION - 28 Lumbar Rotation: Caudal - Legs Crossed (Supine)



Arms out, cross left knee over other and press down with top knee. Turn head in opposite direction until stretch is felt.  
Hold 20 seconds. Relax.  
Repeat 2 times per set. Do 1 sets per session.  
Do 1 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.