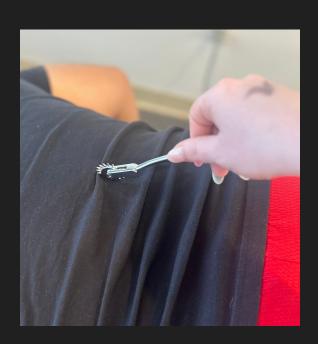
4 EXERCISES TO RELIEVE

LOWER BACK PAIN

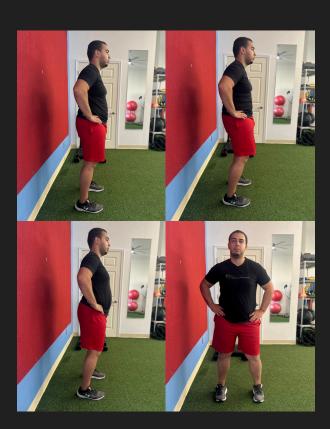
SENSORY BATH OT

- 1. Lie face down on a comfortable surface
- 2. Grab a vibrating toothbrush, neuro-wheel, or paintbrush
- 3. "Brush" your lower back (or have someone help with this) in long circular movements
- 4. Continue for 30 60 seconds, 3 times per day



O2 PELVIC MOBILITY

- 1. Start standing with your spine straight
- 2. Rotate the hips forward, rounding the spine
- 3. Rotate the hips backward, arching the spine
- 4. Repeat 3-5 times, 3 times per day
- 5. Return to straight spine
- 6. Shift weight into right hip, bending left knee
- 7.Shift weight into left hip, bending right knee
- 8. Repeat 3-5 times, 3 times per day



SCIATICA NERVE GLIDE 03

- 1.Start sitting upright in a chair
- 2. Straighten the leg you wish to stretch
- 3. Pull your toes toward your shin
- 4. Tuck your chin to your chest
- 5. Slouch
- 6. Start to lean forward until you feel a 3/10 stretch in your low back, back of your thigh or calf
- 7. Hold this position as you let your knee bend and straighten
- 8. Perform this floss 10-15 reps, 3 times per day or as tolerated





04 DIAPHRAGM STRETCH

- 1.Begin by laying on your back
- 2. Allow both knees to bend
- 3. Perform a posterior pelvic tilt, bringing your low back flush with the floor
- 4. Take a deep breath in, filling your belly up
- 5.Blow all of your air out as you slow raise your arms overhead keeping your elbows straight the whole time
- 6. As you completely blow out, you should feel a slight stretch in your low back
- 7. It is normal to cough at the end of this drill
- 8. Repeat this drill 3 times, 3 times per day