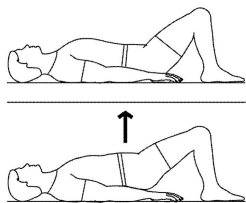
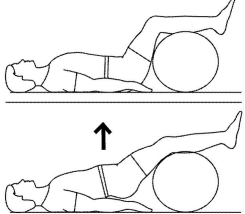
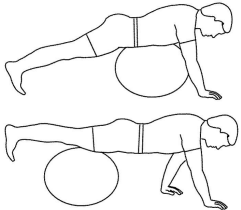
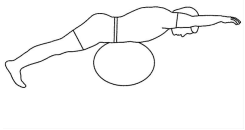
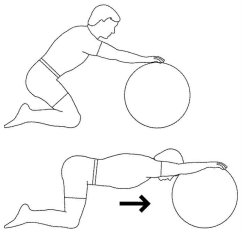
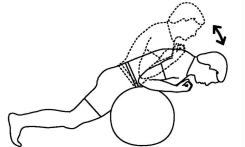
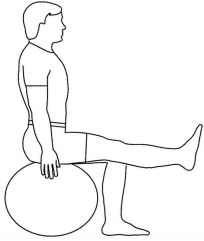
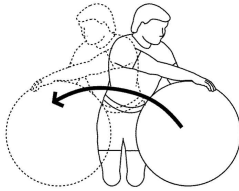
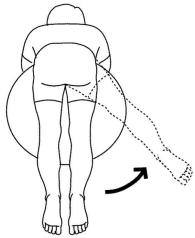
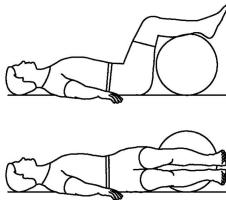
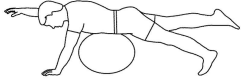
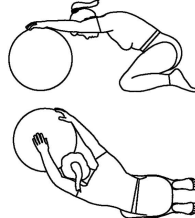


<p><b>AROM lumbar bridging bil</b></p>  <ul style="list-style-type: none"> <li>• Lie on back with knees bent.</li> <li>• Lift buttocks off floor.</li> <li>• Return to start position.</li> </ul> <p><b>Special Instructions:</b> Maintain neutral spine.</p> <p><b>Perform 3 sets of 20 Repetitions, once a day.</b></p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar bridging bil on Ball</b></p>  <ul style="list-style-type: none"> <li>• Lie on back with knees bent over ball as shown.</li> <li>• Lift buttocks off floor.</li> <li>• Return to start position.</li> </ul> <p><b>Special Instructions:</b> Maintain neutral spine.</p> <p><b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>AROM lumbar arm walk prone w/Ball</b></p>  <ul style="list-style-type: none"> <li>• Lie face down over ball as shown, arms shoulder distance apart.</li> <li>• Position low back in proper posture.</li> <li>• Walk forward on arms.</li> <li>• Return to start position and repeat.</li> </ul> <p><b>Special Instructions:</b> Maintain proper low back position.</p> <p><b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar bil arm prone on Ball</b></p>  <ul style="list-style-type: none"> <li>• Lie face down over ball as shown.</li> <li>• Raise both arms up, keeping elbows straight.</li> <li>• Hold, lower and repeat.</li> </ul> <p><b>Special Instructions:</b> Maintain proper back posture, do not allow hips to twist.</p> <p><b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>AROM lumbar ext kneel w/ball</b></p>  <ul style="list-style-type: none"> <li>• Kneel with hands on ball as shown.</li> <li>• Lean forward while pushing ball forward.</li> <li>• Pelvis should rotate forward.</li> <li>• Return to start position and rotate pelvic bone backward.</li> <li>• Repeat.</li> </ul> <p><b>Perform 3 sets of 20 Repetitions, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar ext prone legs bent w/ball</b></p>  <ul style="list-style-type: none"> <li>• Lie face down over ball as shown.</li> <li>• Allow knees to bend.</li> <li>• Lift trunk upward, straightening back.</li> <li>• Lower and repeat.</li> </ul> <p><b>Perform 3 sets of 20 Repetitions, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>

<p><b>AROM lumbar flx w/knee ext on Ball</b></p>  <ul style="list-style-type: none"> <li>• Sit on Ball with proper low back posture.</li> <li>• Straighten left leg.</li> <li>• Hold, lower and repeat with other leg</li> </ul> <p><b>Special Instructions:</b> Maintain proper low back posture throughout exercise. <b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar kneeling diag w/Ball</b></p>  <ul style="list-style-type: none"> <li>• Begin in kneeling position, arms on ball, as shown.</li> <li>• Place low back in proper posture.</li> <li>• Slowly roll ball to left, contracting abdominal muscles to maintain low back posture.</li> <li>• Roll ball back up to starting position and repeat to right.</li> </ul> <p><b>Special Instructions:</b> Maintain proper low back position. <b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>AROM lumbar leg abd prone on Ball</b></p>  <ul style="list-style-type: none"> <li>• Lie face down over ball as shown.</li> <li>• Raise left leg up, keeping knee straight.</li> <li>• Move leg out to side.</li> <li>• Hold, lower and repeat with other leg.</li> </ul> <p><b>Special Instructions:</b> Maintain proper back posture, do not allow hips to twist. <b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar rotn supine w/ball</b></p>  <ul style="list-style-type: none"> <li>• Lie on back with legs up on ball as shown.</li> <li>• Slowly twist at waist, moving ball to left and right.</li> </ul> <p><b>Perform 3 sets of 20 Repetitions, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p><b>AROM lumbar same arm/leg prone Ball</b></p>  <ul style="list-style-type: none"> <li>• Lie face down over ball as shown.</li> <li>• Raise left arm and leg up.</li> <li>• Hold, lower and repeat with other arm and leg.</li> </ul> <p><b>Special Instructions:</b> Maintain proper back posture, do not allow hips to twist. <b>Perform 5 sets of 1 Minute, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p><b>AROM lumbar sidebend kneel w/ball</b></p>  <ul style="list-style-type: none"> <li>• Begin in kneeling with hands on top of ball a shown.</li> <li>• Keep hands on ball and bend trunk to left.</li> <li>• Bend trunk to right.</li> <li>• Return to start position and repeat.</li> </ul> <p><b>Perform 3 sets of 20 Repetitions, once a day.</b></p> <p>Use Ball. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>