

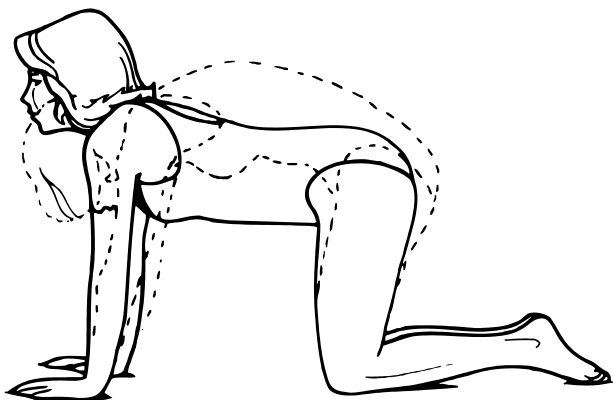
Reliant Medical Group

Lower back pain can happen after walking sometimes. Here a few stretches that usually help. They can be done after walking. After doing the stretches you might want to ice the lower back. This will help get rid of swelling.

BACK - 14 Angry Cat Stretch

Tuck chin and tighten stomach, arching back. Hold ____ seconds.

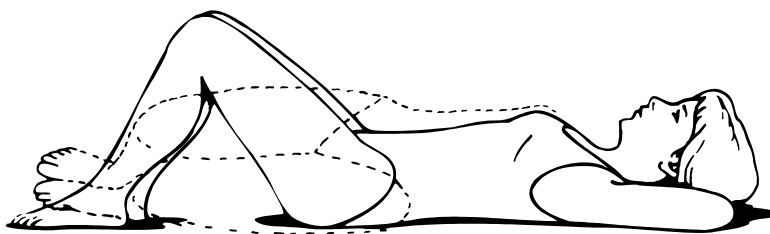
Repeat ____ times. Do ____ sessions per day.



BACK - 16 Lower Trunk Rotation Stretch

Keeping back flat and feet together, rotate knees to one side. Hold ____ seconds.

Repeat ____ times each side.
Do ____ sessions per day.



BACK - 21 Mid-Back Rotation Stretch

Reach to each side as far as you can, keeping chest as low to floor as possible. Hold ____ seconds.

Repeat ____ times each side. Do ____ sessions per day.



BACK - 20 Mid-Back Stretch

Push chest toward floor, reaching forward as far as possible. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

