

Lumbar Flexion

AROM Lumbar Flexion Bil Knee to Chest

Special Instructions

It may help to grasp your legs behind your knees and pull to your chest.



- Lie on back.
- Bring both knees up to your chest.
- Keep hands under knees.
- Return to start position .
- Perform 3 sets of 20 repetitions, once a day
- Hold exercise for 5 seconds.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

AROM Lumbar Flex Uni Knee to Chest

Special Instructions

It may help to grasp your leg behind your knee and pull to your chest.



- Lie on back.
- Bring right knee up to chest.
- Return to start position.
- Repeat with left knee.
- Perform 3 sets of 20 repetitions, once a day.
- Hold exercise for 5 seconds.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

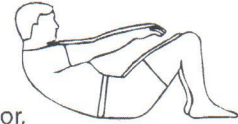
AROM Lumbar Flexion Kneeling

- Begin kneeling on floor.
- Sit back on heels.
- Bend forward with trunk, bending head and chin to chest.
- Reach forward with hands, placing them on floor and hold.
- Return to start position and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Hold exercise for 5 seconds.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



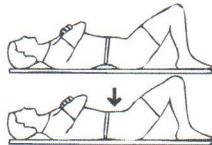
AROM Lumbar Flex Supine Arms Straight (Crunches)

- Lie on back with knees bent, arms at side.
- Begin with head and slowly curl up lifting shoulders off floor, reaching to knees with arms straight.
- Keep low back in contact with floor.
- Slowly return to start position and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



AROM Lumbar Pelvic Tilt Post Supine

- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.
- Perform 3 sets of 20 repetitions, once a day.
- Hold exercise for 5 seconds.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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