

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Pelvic tilt



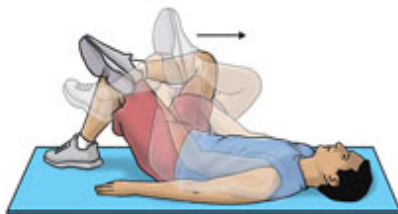
Quadruped arm/leg raise



Partial curl



Extension exercise



Gluteal stretch



Side plank