

Low Back Pain Exercises



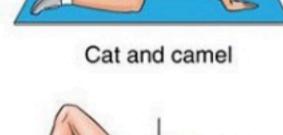
Standing hamstring stretch







Quadruped arm/leg raise



Pelvic tilt



Partial curl



Extension exercise



Gluteal stretch





Side plank

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