

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Quadruped arm/leg raise



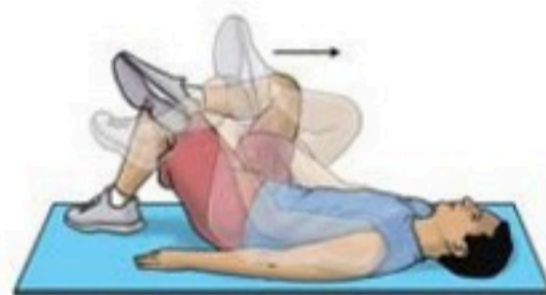
Pelvic tilt



Partial curl



Extension exercise



Gluteal stretch



Side plank