

Low Back Pain Exercises



Standing hamstring stretch



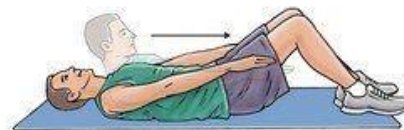
Cat and camel



Pelvic tilt



Quadruped arm/leg raise



Partial curl



Extension exercise



Gluteal stretch



Side plank