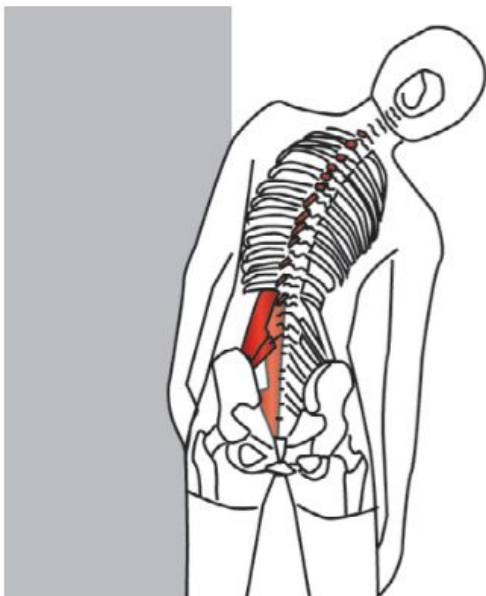
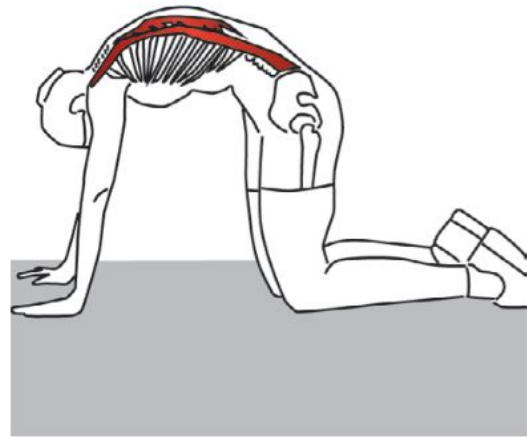
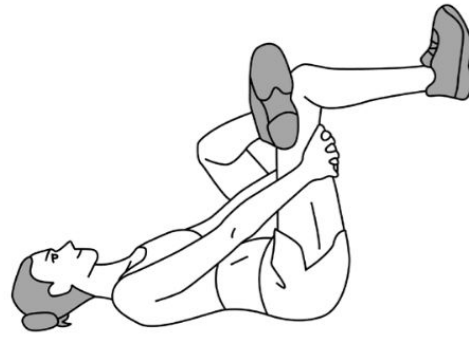
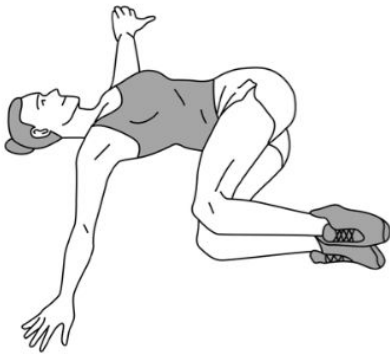


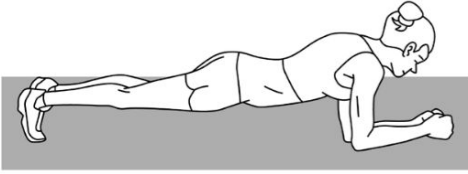
Low Back Stretches.



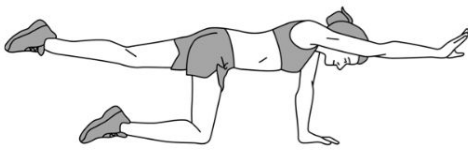
Stretches:

1. 1-2 minutes each side
2. 2-3 minutes each side
3. 30 seconds each side
4. 15-30 seconds
5. 20-30 seconds each side

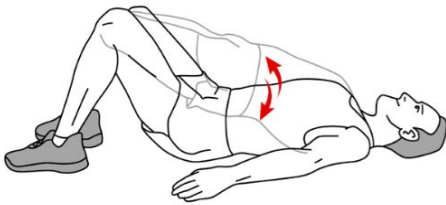
Exercises.



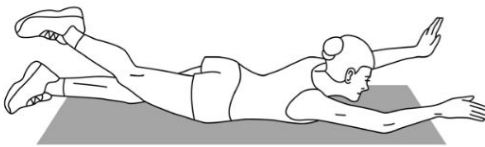
Hold for 10 seconds and work up to 60 seconds



Hold for 10-15 seconds and repeat 10 times each



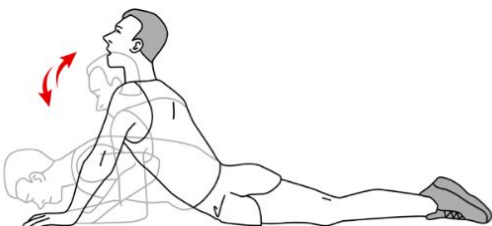
Hold for 20-30 seconds and repeat 30 times



Hold for 5 seconds and repeat 10 times each side



Repeat 5-10 times each side



Hold for 5-10 seconds