

Stretches for Lower Back Tension

Approximately 6 Minutes

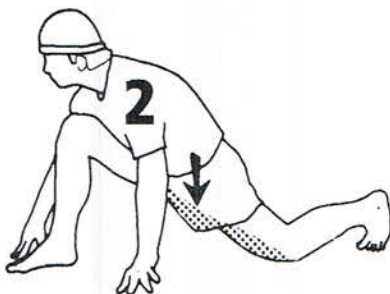
These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



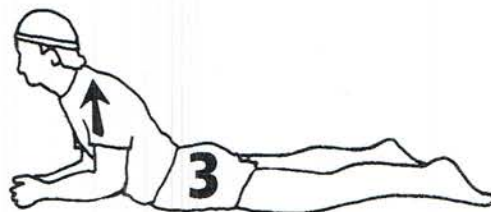
30 seconds
(page 26)



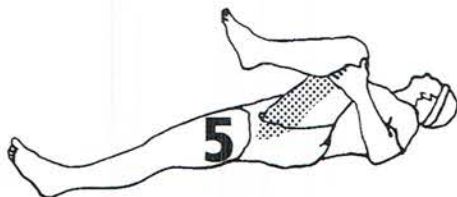
10-12 seconds
2 times
(page 46)



15-20 seconds
each leg
(page 51)



5-15 seconds
2 times
(page 33)



20-30 seconds
each leg
(page 63)



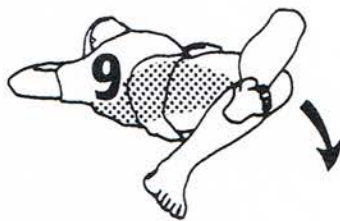
Contract 3-5 seconds,
then relax
2 times
(page 27)



Contract 5-8 seconds,
then relax
2 times
(page 29)



Rock gently back and forth
15-20 times
(page 26)



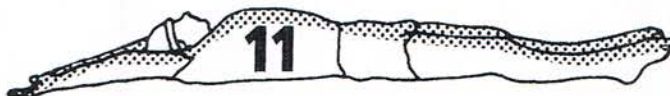
15-30 seconds
each leg
(page 27)



10-15 seconds
each leg
(page 32)



10-15 seconds
2 times
(page 63)

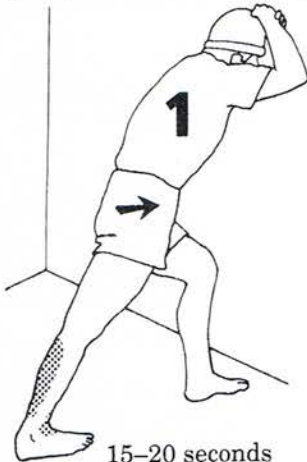


5 seconds
2 times
(page 30)

Stretches for the Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



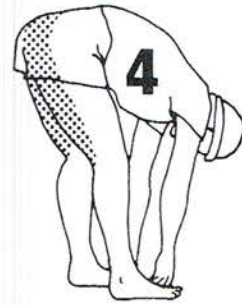
15-20 seconds
each leg
(page 71)



15-20 seconds
each leg
(page 75)



Hold for
20-30 seconds
(page 55)



10-15 seconds
(page 54)



10-15 seconds
each leg
(page 53)



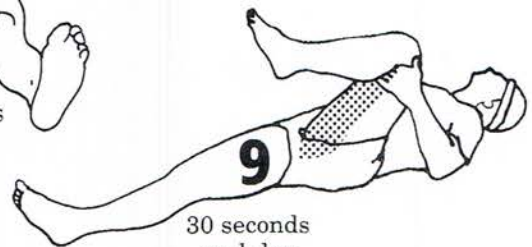
20-30 seconds
(page 58)



15-30 seconds
each leg
(page 61)



10-15 seconds
each leg
(page 35)



30 seconds
each leg
(page 63)



10-20 seconds
each leg
(page 58)



30 seconds
(page 26)



15-20 seconds
each leg
(page 36)