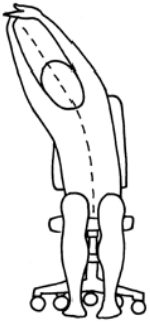


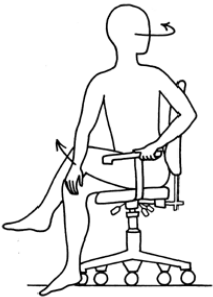
## Back Exercises



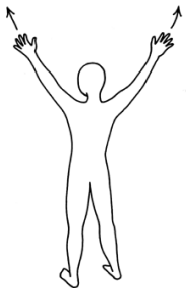
- Sit upright
- Grasp the left knee
- Lift leg off of the floor
- Bend forward (curling the back), bringing the nose toward the knee
- Repeat 3-5 times
- Repeat with right leg



- Sit or stand upright
- Interlace fingers and lift arms overhead
- Keeping the elbows straight, press arms as far back as you can
- Slowly bend to the left side until you feel a stretch
- Hold for 5-10 seconds
- Slowly bend to the right side until you feel a stretch
- Hold for 5-10 seconds
- Repeat 3-5 times



- Sit with left leg across right leg
- Rest elbow or forearm of right arm on the outside of the left upper thigh
- Gently apply pressure with right elbow or forearm towards the right
- As you apply pressure, look over your left shoulder
- Hold for 5-10 seconds
- Repeat 3-5 times
- Repeat with the other side



- Sit or stand upright
- Slowly reach your arms overhead
- Reach outward and upward until you feel a stretch
- Hold for 5-10 seconds
- Repeat 3-5 times



- Stand with knees slightly bent, place palms on lower back, fingers pointing downward
- Gently push your palms forward and bend your back backwards
- Hold for 5-10 seconds
- Repeat 3-5 times

**Note:** Use this stretch after sitting for extended periods of time.