

Seated Hip Rotator Stretch



Hold for 2 minutes each side

Basic Hip Flexor Stretch



Hold for 2 minutes each side

Basic Hamstring Stretch



Hold for 2 minutes each side

Child's Pose Stretch



Hold 8 - 10 breaths, Repeat 3x

Cat Cow Exercise



30 seconds - 1 minute of movement

Seated Spinal Twist



Hold for up to 1 minute per side

Visit the link below for video demonstration of exercises:

**[WWW.CORECHIROPRACTIC.NET/LOWBACK1](http://WWW.CORECHIROPRACTIC.NET/LOWBACK1)**



### Cross Crawl Exercise



12 movements on each side - 24 total



### Plank Exercise



Hold 20 seconds - 2 minutes



### Superman Exercise



Hold for 5 seconds - Repeat 10x



### Glute Bridge Exercise



3 sets of 10 repetitions

**DISCLAIMER:** Stop if you feel pain or if symptoms become worse. Report any challenges or difficulties with exercises to your doctor as soon as possible. Mild soreness may follow exercises and can be treated at home with ice in most cases, but you should still report this to your doctor at your next visit.

Visit the link below for video demonstration of exercises:

[WWW.CORECHIROPRACTIC.NET/LOWBACK1](http://WWW.CORECHIROPRACTIC.NET/LOWBACK1)