

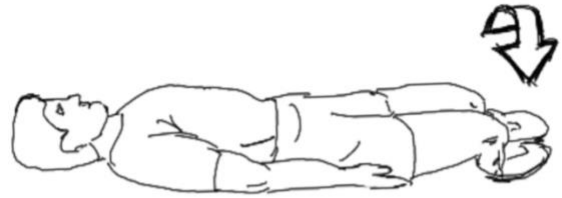
Lower Back & Pelvis Stretches

All stretches are 20 second holds and 2 reps.

Flat Low Back



Knee twists



Knee to chest



Crossed knee to chest



Seated forward lean



Hip Flexor Lunge



All 5 stretches are to be done at least twice per day.