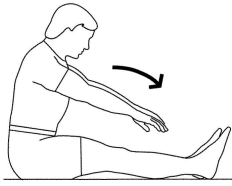


**Longsit ham stretch**



- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

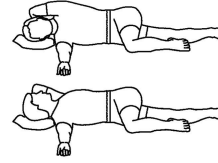
**Special Instructions:**

Do not allow knees to bend.

**Perform 1 set of 2 Repetitions, twice a day.**

Hold exercise for 30 Seconds.

**Lumbar rotation stretch**

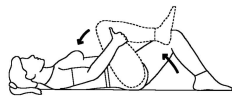


- Lie on side, one hip and knee bent as shown.
- Position lower arm straight.
- Upper hand behind neck.
- Twist trunk and shoulders backward.
- Return to start position.
- Repeat sets while lying on other side.

**Perform 1 set of 2 Repetitions, twice a day.**

Hold exercise for 30 Seconds.

**Single knee to chest hooklying**

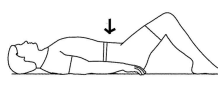


- Lie on back with knees bent.
- Bring one knee to chest, then other knee to chest.
- Pull both knees to chest.
- Return to start position.

**Perform 1 set of 5 Repetitions, twice a day.**

Hold exercise for 30 Seconds.

**Draw-ins**

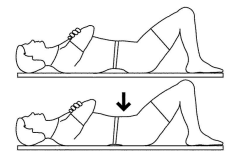


- 'Draw in' your belly button towards your spine and hold.

**Perform 1 set of 10 Repetitions, once a day.**

Hold exercise for 8 Seconds.

**Posterior pelvic tilt**

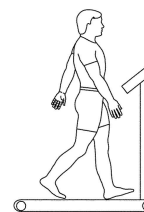


- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

**Perform 1 set of 10 Repetitions, once a day.**

Hold exercise for 8 Seconds.

**Treadmill walking**



- Stand on treadmill with feet off to the sides of belt.
- SET THE TREADMILL TO A SLIGHT (10-20deg.) INCLINE, THIS WILL FORCE THE LOW BACK TO BEND FORWARD, INCREASE THE SIZE OF THE SPINAL CANAL, AND ALLOW FOR PAIN FREE CARDIOVASCUAL REXERCISE.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a moderate intensity (can talk but cannot sing).

**Perform 1 set of 30 Minutes, once a day.**

It is recommended to do all stretches and exercises listed, daily if possible.

Issued By: Dr. Merritt

These exercises are to be used only under the direction of a licensed, qualified professional.

Dr. Levi G. Merritt

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