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Lower Back Exercises

**** Consult your physician before doing any of these exercises.
If you have any pain when doing these exercises, stop and contact your
physician. ****

Single Knee to Chest



- 1. Lying on your back, hold one knee with both hands**
- 2. Keeping your head down, pull your knee to your chest**
- 3. Repeat with the other side**

Perform 12 repetitions, twice each day

Both Knees to Chest



- 1. Lying on your back, hold each knee with one hand**
- 2. Keeping your head down, pull both knees to your chest**

Perform 12 repetitions, twice each day



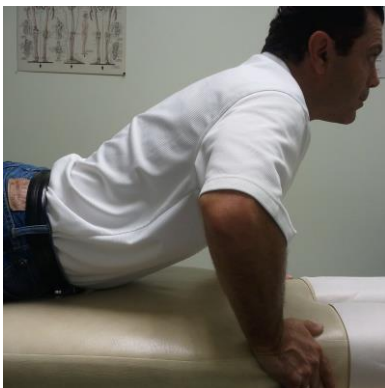
Crossed Legs to Chest

1. Lying on your back, bend one knee
2. Cross other ankle over the bent knee



3. Hold the bent knee with both hands
4. Keeping your head down, slowly pull bent knee to your chest as far as comfortable
5. Repeat with the other side

Perform 12 repetitions, twice each day



Back Arch

1. Lie on your stomach in a push-up position
2. Lift up by arching your lower back, keeping your pelvis touching the floor

Perform 12 repetitions, twice each day