



SPINE & SPORTS

PHYSICAL THERAPY
MASSAGE THERAPY

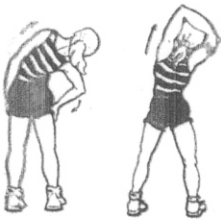
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Lumbar Flexion Stretch



Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



Lateral Flexion Stretch

(one leg)



Tensor Fascia Stretch
(bottom forward, hip to the side)



Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



Gluteal and Lumbar Rotation Stretch



Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, back down, backside behind knees)



Lumbar Extension and Abdominal Stretch
(be gentle if sore)

Back Exercises