



# Sports Medicine & Shoulder Surgery

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## Low Back Flexibility and ROM

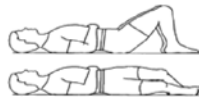
Complete \_\_\_ sets of \_\_\_ repetitions \_\_\_ times a day.



\*Lie face down, elbows bent, hands beside face.  
\*Push up to elbows, keeping hips on mat.



\*Lie face down, elbows bent, hands beside face.  
\*Push up on hands, straighten elbows, keeping hips on mat.



\*Keeping knees together rotate knees to side as far as comfortable.  
\*Move back to middle and repeat on opposite side.



\*Lie on back, bringing knee up to chest.  
\*Keeping hand under knee.  
\*Alternate leg after each repetition.



\*Lie on back, bringing both knees up to chest.  
\*Keeping hands under knees.



\*Lie on back holding knee from behind, pulling toward chest as shown.  
\*Gently straighten leg.



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



\*Lie on back, involved knee bent, ankle across opposite leg.  
\*Grasp knee and pull thigh inward while moving to the involved side knee inward.



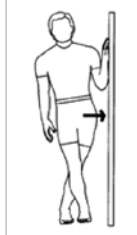
\*Lift involved leg to chest and grasp knee with opposite hand.  
\*Grasp lower calf with other hand, gently pulling across chest and rotating leg inward.



\*Lie on uninvolved side.  
\*Extend involved leg backwards and slowly lower until a gentle stretch is felt in outer side of thigh.



\*Lie on back knees bent.  
\*Move involved side ankle over opposite knee.  
\*Gently lift uninvolved side knee up to chest.



\*Stand next to wall, about a foot away, involved leg toward wall.  
\*Cross over the uninvolved leg in front, and lean into wall, as shown.



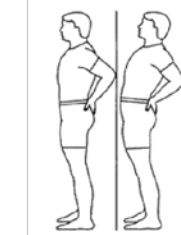
\*Stand on firm surface with one leg out in front.  
\*Slowly lean forward, trying to touch toes.



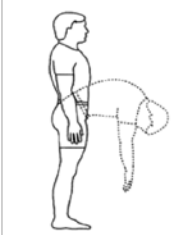
\*Stand with heel propped on low table, knee straight, as shown.  
\*Gently and slowly lean forward at waist.



\*Stand on uninvolved leg, using table or chair for balance.  
\*Bend involved knee and grasping with hand, pull gently upward.



\*Stand with feet shoulder distance apart.  
\*Place hands on hips as shown, arching backward.



\*Stand with arms at side.  
\*Slowly bend head forward, then mid back, continuing to low back, as shown.