

## Lower Back Exercises

### Comprehensive care for:

- Spine, back & neck pain
- Shoulder, arm, wrist & hand pain
- Leg, hip, knee, ankle & foot pain
- Carpal tunnel syndrome
- Sports & work injuries
- Postsurgical rehabilitation
- Total joint reconstruction rehab
- Arthritis, bursitis & tendonitis
- Complete fracture & sprain care

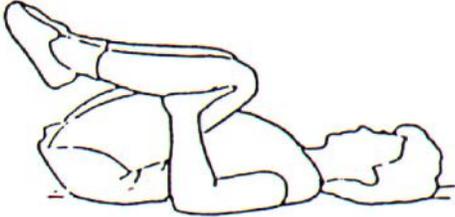
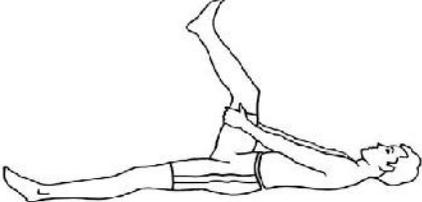
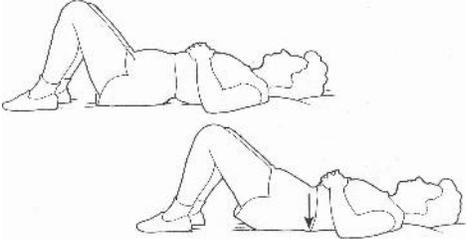
### For your convenience:

- Early morning, lunchtime & evening appointments
- Saturdays by appointment
- Most insurance accepted & filed
- Timely patient progress reports
- Thorough patient education
- Massage therapy onsite
- Complete fitness facilities onsite
- Aquatic therapy onsite at Upper Perk location

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[www.UpperPerkPT.com](http://www.UpperPerkPT.com) or [www.NewHopePT.com](http://www.NewHopePT.com)

<p><b>Single Knee to Chest</b> Pull one knee in to chest until a comfortable stretch is felt in lower back and buttock. Repeat with opposite knee. Hold for 10 sec, repeat 5x on each side</p>	
<p><b>Double Knee to Chest</b> Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed Hold for 10 sec, repeat 5x</p>	
<p><b>Hamstring Stretch</b> Support back of thigh below knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold for 10 sec, repeat 5x on each side</p>	
<p><b>Mid Back Stretch</b> Put chest towards floor, reaching forward as far as you can Hold for 10 sec, 5x</p>	
<p><b>Pelvic Tilt</b> Flatten back by tightening stomach muscles and buttocks Hold for 10 sec, 5x</p>	
<p><b>Bridging</b> Without arching your back, slowly raise your hips upward. Keep a straight line from knees to shoulder Hold for 10sec, 5x</p>	