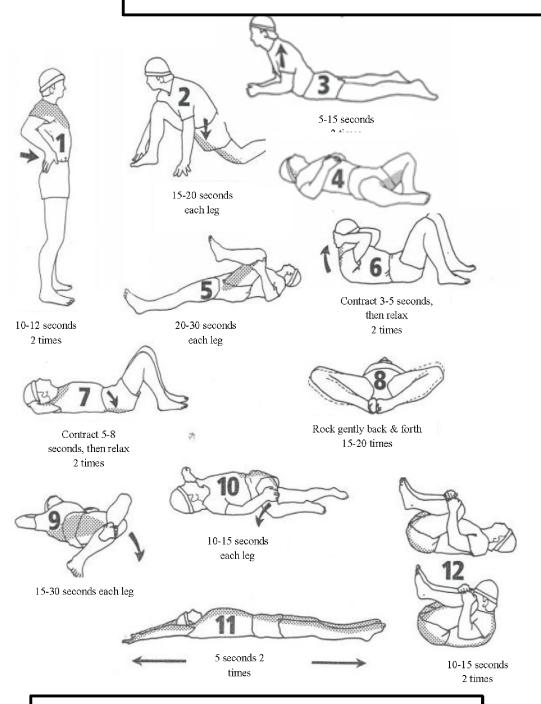


Stretches for the

## Lower Back

Approximately 6 Minutes

These stretches are designed to relieve muscular tension in the lower and middle back. For best results do them daily or multiples times daily. If any stretch is painful, proceed with caution or consult us for a modified stretch.



Demonstrations of all stretches can be found on our YouTube channel by searching Momentum Chiropractic stretching.