

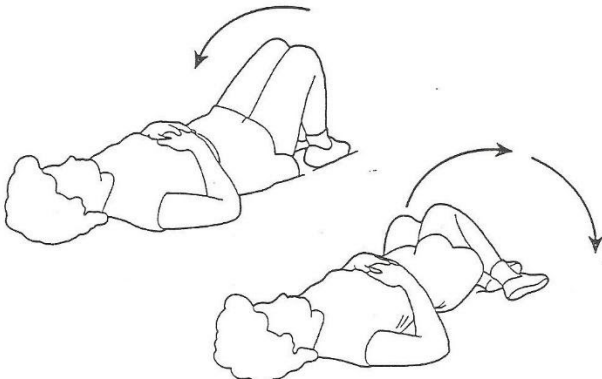
Lumbar

Phase 1: 15 mins

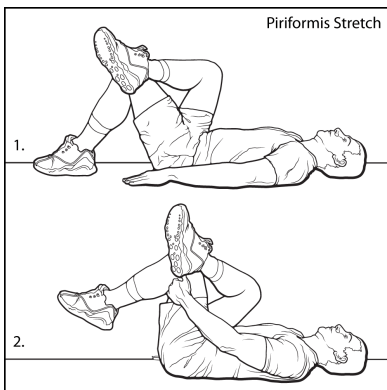
- X stretch 10x each side



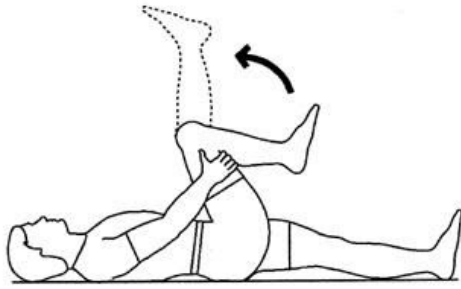
- Trunk rotation 15 each side



- Piriformis stretch 4 each side

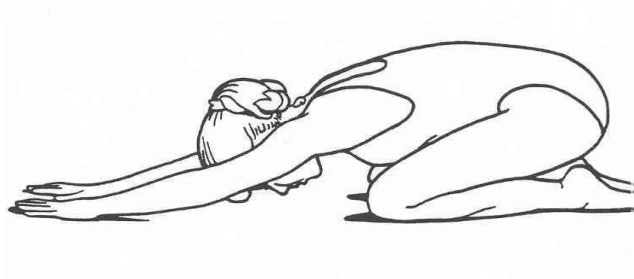
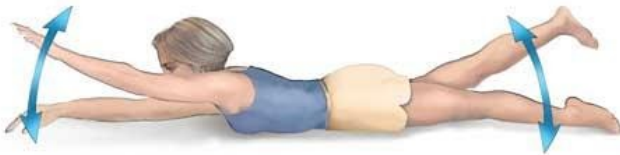


- Hamstring stretch 4 x each side



- Prone alternate arm/leg raise

Child pose



Cat/cow stretch



Cat Pose



Cow Pose