



Cat-Camel Exercise

While on your hands and knees allow your stomach to drop towards the floor causing your back to sway like an old horse. Then arch your back up tightening your stomach muscles, like a scared cat.

Repeat 10 times. 2 times per day.



Rock and Roll or Knee to Chest

On your back grasp both knees and roll back onto your shoulders. Then roll back down to your starting position. If this is too difficult grasp one knee at a time and pull it gently to your chest allowing your back muscles to stretch.

Repeat 10 times. 2 times per day.



Pelvic Tilt

Laying on your back with your feet flat on the floor push the small of your back down against the floor and hold for 5 seconds. Then relax and return to normal resting position.

Repeat 10 times. 2 times per day.