

Lumbar Rotation Exercise

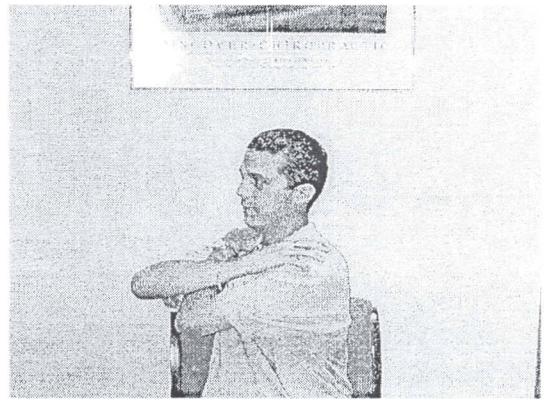
Purpose: To decrease muscular spasm in the large muscles of the low back. Alternating the muscle groups to work/ relax.

Directions: The patient is in a sitting position placing the left hand on top of the right shoulder and right hand on top of the left shoulder. And with the head following directions of the shoulders, gently but rapidly turn to the left and then turn to the right for 15 seconds. This exercise should be done four times a day and remembered to do this exercise in a sitting position to lock the pelvis to work the muscles of the lumbar spine.

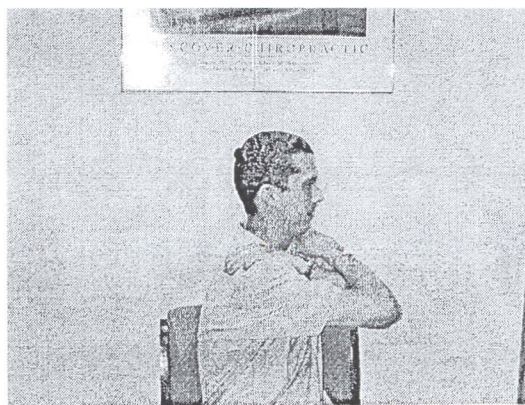
Name: _____



Step 1:



Step 2:



Step 3:

1x/day

2x/day

3x/day

4x/day