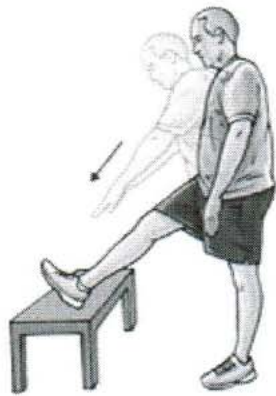
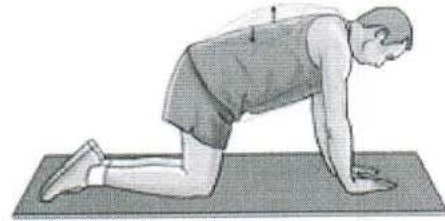


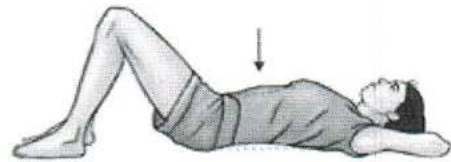
Low Back Pain Exercises



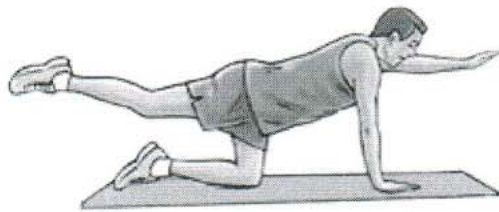
Standing hamstring stretch



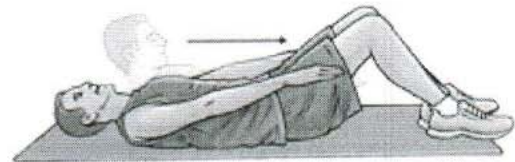
Cat and camel



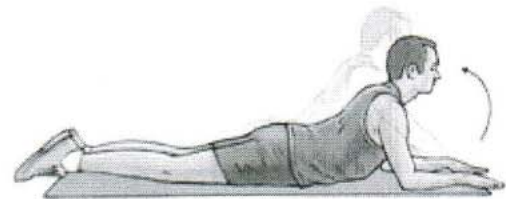
Pelvic tilt



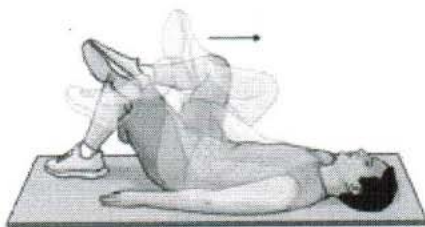
Quadruped arm/leg raise



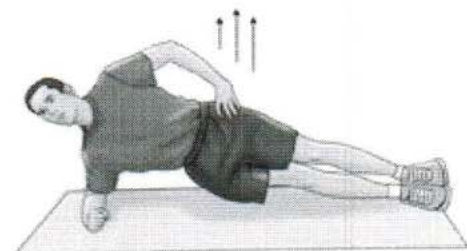
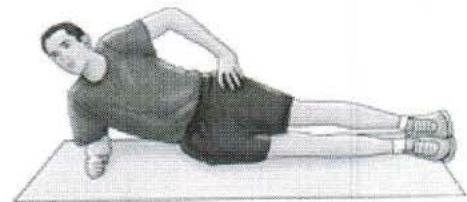
Partial curl



Extension exercise



Gluteal stretch



Side plank