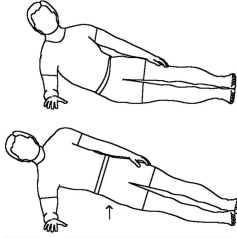


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**AROM lumbar sidebend bridge**

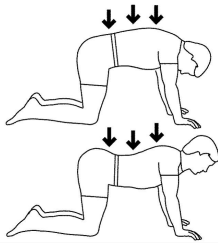


- Lie on floor on your side, forearm supporting upper body.
- Knees should be straight, ankles together. Place free hand on hip.
- Raise hips and thighs off floor until trunk and back are straight.
- Lower and repeat. Repeat exercise on other side.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM lumbar flx/ext quadruped (Cat-Camel combo)**

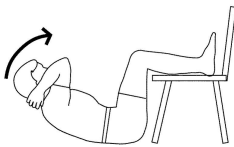


- Begin in 4 point kneeling, back in neutral position.
- Tuck chin in and continue by rounding back upward one segment at a time.
- Reverse by letting back arch one segment at a time, but keep neck in neutral at the end.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM lumbar flx (crunches) legs up**



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets, Raise left shoulder toward right knee and vice versa.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM lumbar alt leg/arm (bird dog)**



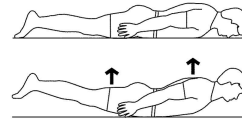
- On hands and knees, extend the right leg while lifting the left arm. Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

**Special Instructions:**

Maintain neutral spine, do not twist.  
Perform 5 sets of 1 Minute, once a day.

Perform 1 repetition every 4 Seconds.

**AROM lumbar ext prone mid level**



- Arch up, raising shoulders and thighs off floor. Return to start and repeat.

**Special Instructions:**

Progress by holding for 2-3 seconds.  
Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Iso lumbar/abdominal training supine**



- Lie on back. Tighten ab muscles, visualize trying to push belly button up under ribs.
- Use your hand to help push belly button up under ribs if needed.
- While maintaining abdominal tension, lift one leg up to 90 degrees, with knee bent.
- Slowly lift other leg up to 90 with knee bent, maintaining abdominal tension.
- Hold for 5-10 seconds, then return legs to floor. Repeat.

**Special Instructions:**

Do Not Hold Breath.  
Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

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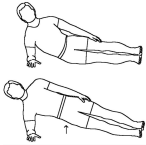
These exercises are to be used only under the direction of a licensed, qualified professional.  
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**AROM lumbar sidebend bridge**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

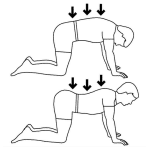
**AROM lumbar alt leg/arm (bird dog)**



Perform 5 sets of 1 Minute, once a day.

Perform 1 repetition every 4 Seconds.

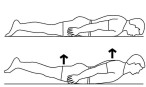
**AROM lumbar flx/ext quadruped (Cat-Camel combo)**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM lumbar ext prone mid level**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**AROM lumbar flx (crunches) legs up**



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Iso lumbar/abdominal training supine**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.  
Rest 10 Seconds between sets.

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