




STRETCHING EXERCISES FOR THE LUMBAR AREA

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	<p>Sitting on hands and knees. Contract the abdominal muscles and bend your back.</p> <p>Relax the abdominal muscles and straighten your back.</p>
	<p>Lying on your back. Bend both legs and grab them behind your knee.</p> <p>Push your knees against your chest.</p>
	<p>Of knees in the floor, with the buttocks in contact with the checks. To flex the trunk toward the floor and to extend both arms. To rotate the superior part of the trunk toward a side</p>