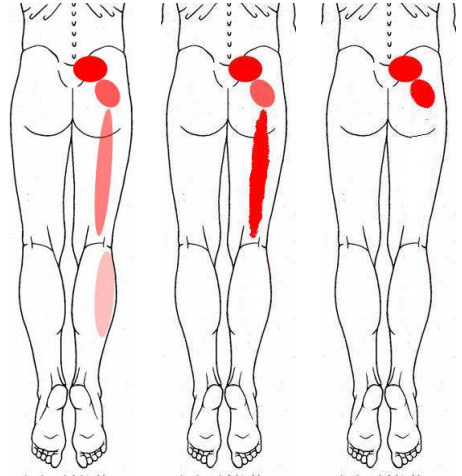


## Lumbar Extension Exercises—Stage 1

**General Rules:** The goal of the following exercises and positions is to “centralize” any pain that you are experiencing in your lower extremity. During the centralization process, the pain slowly draws out of the lower extremity.

As the pain exits the lower extremity, it may worsen in areas that are closer to the center of your body. For example, if you are experiencing calf pain, the initial goal of therapy will be to centralize the pain to the thigh and relieve the calf pain. As the pain is relieved in your calf, it may become more intense in the thigh.

Next, the goal shifts to relieving the thigh pain. As the thigh pain improves, it may become worse in the buttock. If the pain radiates further down the leg, discontinue the activity or position.



**Exercise #1**— Lay face down on the floor and place several pillow beneath your chest, so as to arch your low back backward. Keep your naval on the floor. Your spinal muscles must be completely relaxed, so, do not raise your head. Remain in this position for 5-10 minutes, twice daily.



**Exercise #2**— Stand erect and place your hands on your upper buttock. While keeping your hips vertically aligned over your knees, lean backward onto your hands, so as to arch your back backward. Hold for 2 seconds and repeat 10 times every hour.

