

For

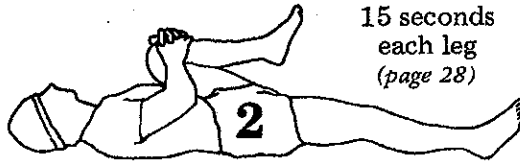
# Lower Back Tension

Approximately 4 Minutes

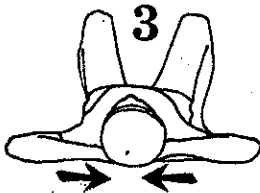
These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



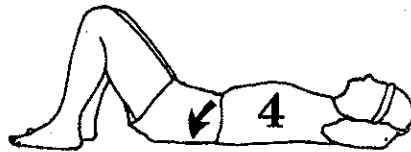
30 seconds  
(page 24)



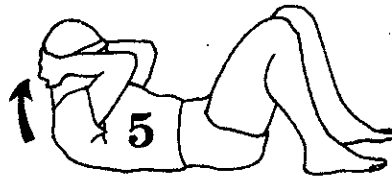
15 seconds  
each leg  
(page 28)



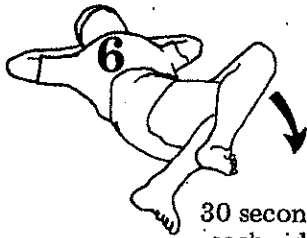
shoulder blade pinch  
2 times  
8 seconds each  
(page 26)



flatten lower back  
2 times  
10 seconds each  
(page 27)



3 times  
5 seconds each  
(page 25)



30 seconds  
each side  
(page 24)



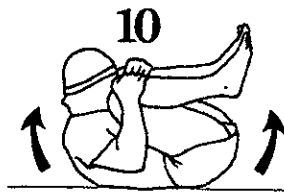
30 seconds  
(page 24)



20 seconds  
each side  
(page 24)



2 times  
5 seconds each  
(page 28)



25 seconds  
(page 29)



(page 30)