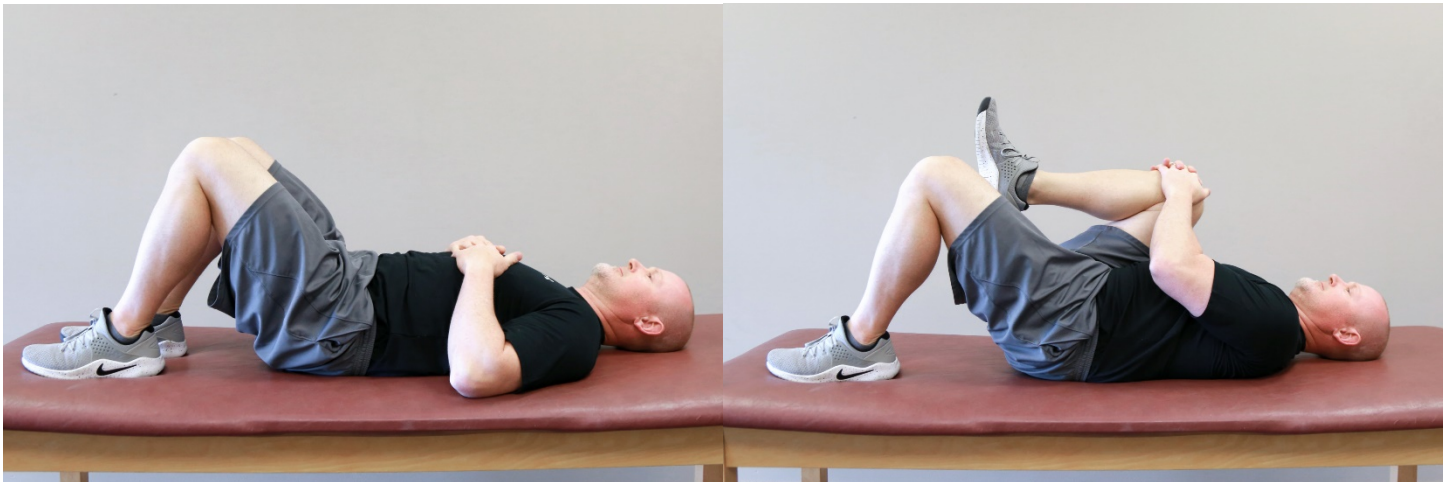


UPSWING HEALTH

Low Back Strain

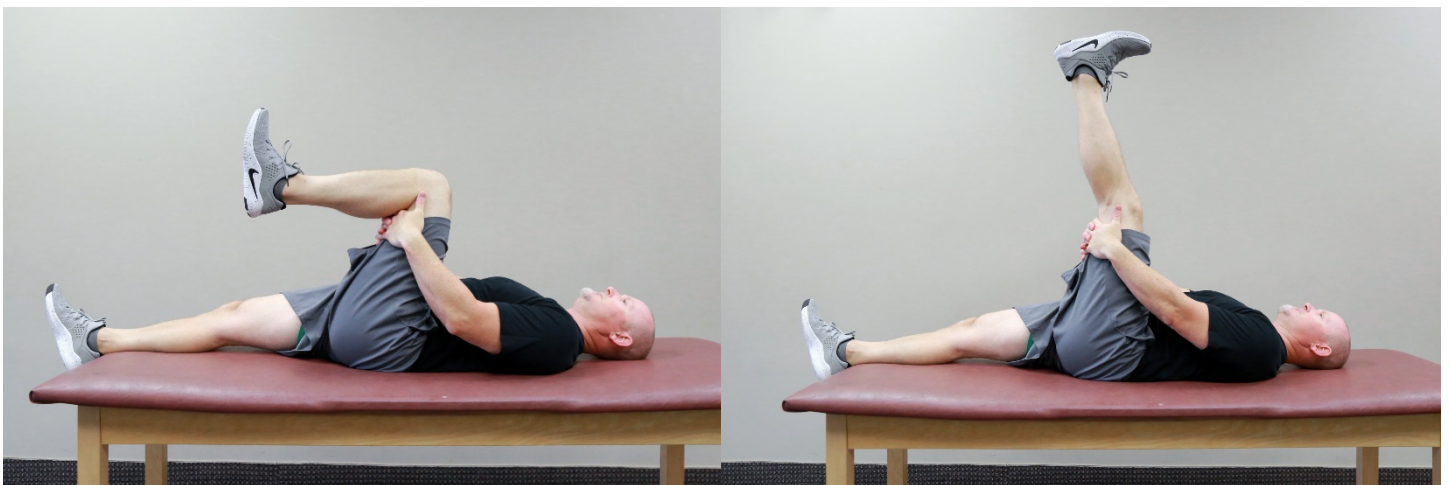
Single Knee to Chest

Lie on your back with your knees bent. Lift one knee towards your chest and pull it as far as you can with your hands. Lower your leg and repeat with the other leg. Hold each stretch for 5 seconds and repeat 10 times on each side. Perform 3 times a day.



Hamstring Stretch

Bend one knee up towards your chest. While holding your thigh with both hands, actively straighten your knee to stretch the back of your leg. Hold the stretch for 30 seconds and repeat 3 times.

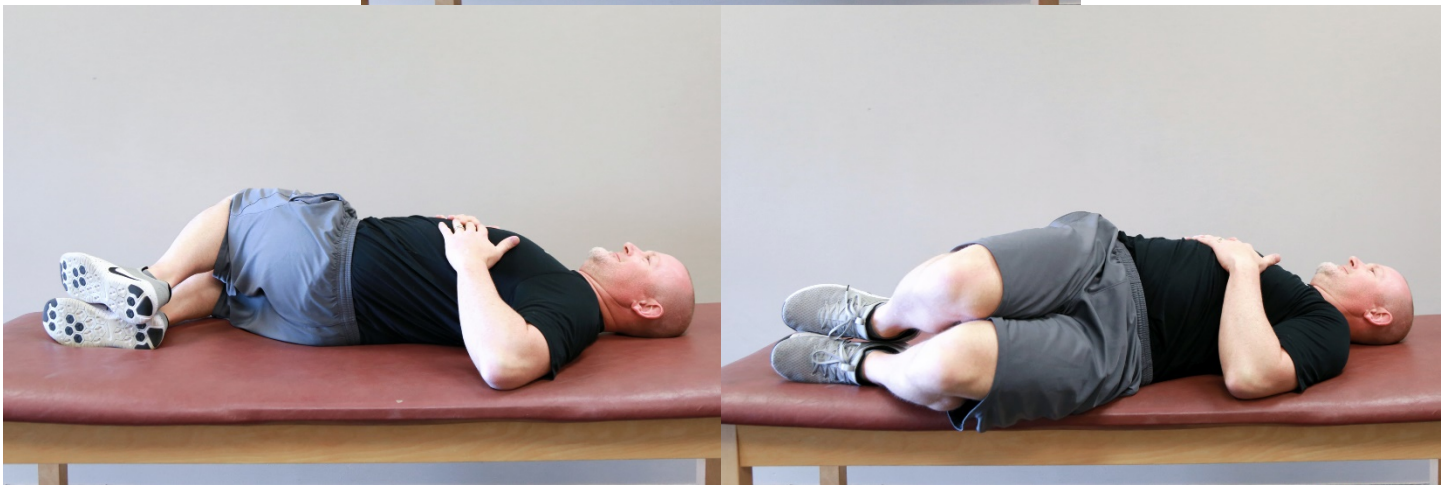


Discontinue exercises and consult with a medical professional if any discomfort is experienced.

UPSWING HEALTH

Lateral Trunk Rotations

Lie on your back with your knees bent. Keeping your knees together, lower them to the ground as far as you can on one side and maintain the stretch. Return to the neutral position and repeat on the other side. Do not raise your shoulders off the bed when you lower your knees. Hold each stretch for 5 seconds and repeat 10 times on each side. Perform 3 times a day.



UPSWING HEALTH

Prone on Elbows

Begin lying on your stomach as pictured. Once the pain has subsided, progress onto your elbows. Your elbows should be located directly under your shoulders as a starting position. You may adjust the location to centralize your symptoms. Remain in this position for 3 minutes and repeat 3 times a day.



Prone Press-Up

Begin lying on your stomach with your hands under your shoulders. Keeping your buttocks and legs relaxed, lift your upper body by curling your spine using your arms only. It is acceptable that your hips come off the table as long as your lower body is relaxed. Perform 2 sets of 10 repetitions, 3 times a day.

