

Urban Chiropractic: Spine & Sports Clinic, 20102 Center Ridge Road, Rocky River, OH 44116 (440)-895-9595
Dr. Mike Urban, Chiropractic Physician, Active Release Technique Provider, Exercise Specialist
Basic Low Back Conditioning Program



Stand against a wall. Bring Knee up to 12 O'clock. Extend leg back using your butt muscles and not your back. 20 reps



Start on back, knees together. Bring both knees to side. Then bring ankle closest to ground on top of opposite knee. 5 reps, hold 5.



Start on back, feet and knees shoulder width apart. Use butt to bring body up. Advanced: raise 1 leg. Hold 2 seconds, 20 reps



Alternate Arm/Leg Lift: Start in Figure 4 position. Bring stomach in towards spine. Right leg back, Left arm up/ Switch. 20 reps each



Figure 4 position to start. Tuck chin and round hips. Look up and draw stomach down, slight arch to low back. 25 times