



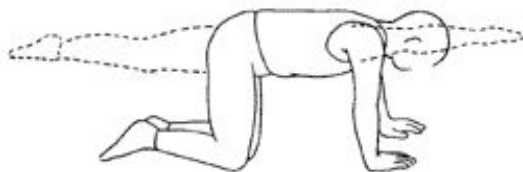
LOW BACK PAIN EXERCISES



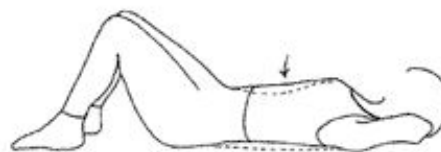
Standing hamstring stretch



Cat and camel



Quadruped arm/leg raises



Pelvic tilt



Partial curl



Trunk rotation



Double knee to chest



Single knee to chest stretch

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