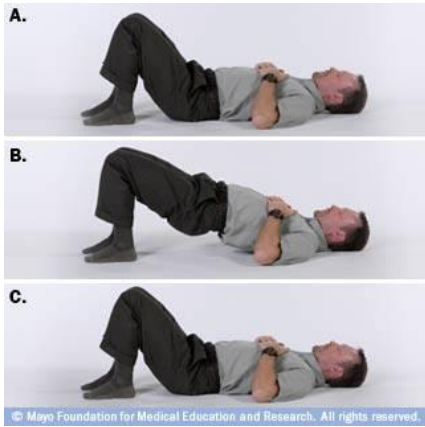
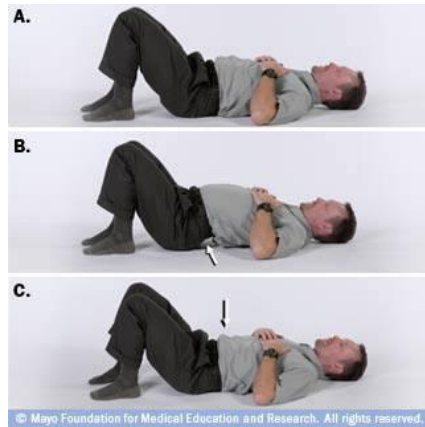


Cat stretch → Position yourself on your hands and knees (A). Slowly let your back and abdomen sag toward the floor (B). Then slowly arch your back, as if you're pulling your abdomen up toward the ceiling (C). Return to the starting position (A). Repeat three to five times twice a day.

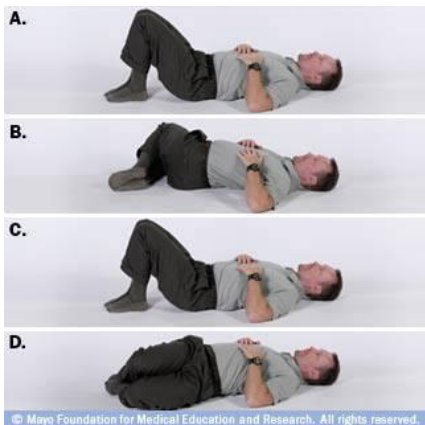


Exercise of the day (Back exercises in 15 minutes a day)

Bridge exercise → Lie on your back with your knees bent and your feet flat on the floor (A). Keeping your shoulders and head relaxed on the floor, tighten your abdominal and gluteal muscles. Then raise your hips to form a straight line from your knees to your shoulders (B). Try to hold the position long enough to complete three deep breaths. Return to the starting position (C). Repeat. Start with five repetitions each day and gradually work up to 30.



Lower back flexibility exercise → Lie on your back with your knees bent and your feet flat on the floor (A). Arch your back so that your pubic bone feels like it's pointing toward your feet (B). Hold for five seconds and then relax. Flatten your back, pulling your bellybutton toward the floor so that your pubic bone feels like it's pointing toward your head (C). Hold for five seconds and then relax. Repeat. Start with five repetitions each day and gradually work up to 30.



Lower back rotational stretch → Lie on your back with your knees bent and your feet flat on the floor (A). Keeping your shoulders firmly on the floor, roll your bent knees to one side (B). Hold for five to 10 seconds. Return to the starting position (C). Repeat on the opposite side (D). Repeat each stretch two to three times preferably once in the morning and once at night.