

"Tweaked" Low Back

<p>Step 1:</p> <p>DON'T PANIC.</p>	<p>Step 2:</p> <p>Complete the movements listed below, one after another. Repeat for 2-4 rounds.</p>	<p>Step 3:</p> <p>If it doesn't get better in 5 days or if it happens again.</p> <p>Call/text us: 203-350-3149</p>
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<p>Lower Trunk Rotation</p>		<p>Reps: 8</p> <p>Notes: Start slow. Move through your available pain free range of motion.</p>
<p>Supine March</p>		<p>Reps: 6</p> <p>Notes: Alternated lifting one leg up/down and then the other. One foot is always on the ground.</p>
<p>Pelvic Tilting</p>		<p>Reps: 8</p> <p>Notes: Lay with knees bent. Alternate between slowly trying to press lower back toward the ground and then try to create space between your lower back and ground.</p>
<p>Fig. 4 LTR</p>		<p>Reps: 6</p> <p>Notes: Start slow. Move through your available pain free range of motion. Repeat for both sides.</p>