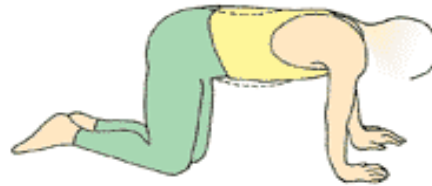


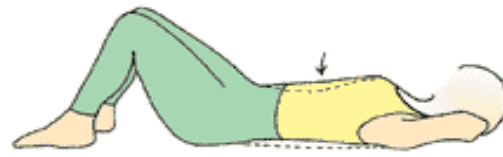
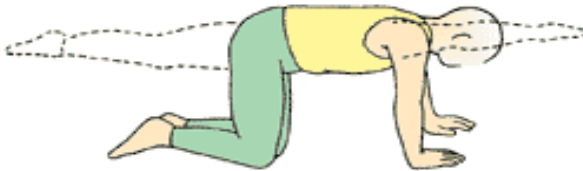
# Low Back Pain Exercises



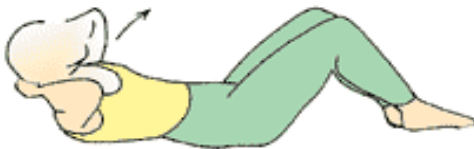
**Standing hamstring stretch**



**Cat and camel**



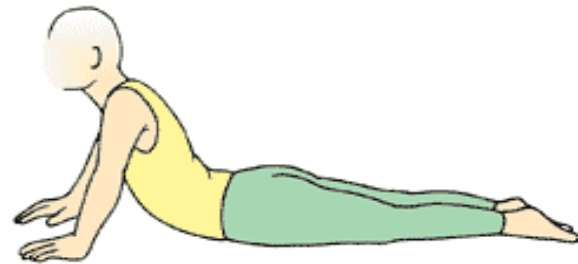
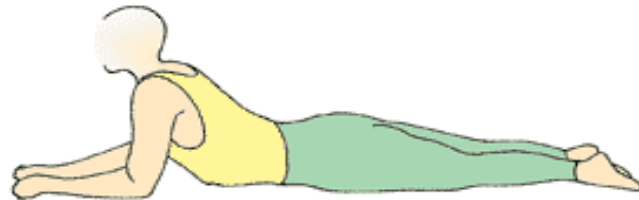
**Pelvic tilt**



**Partial curl**



**Piriformis stretch**



**Extension exercises**