

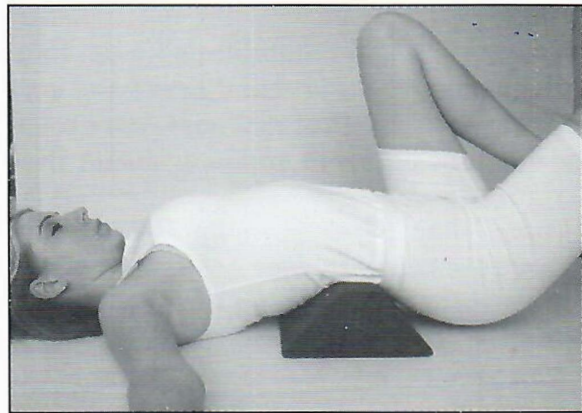
Beginning Lower Back Fulcrum Exercises

USING THE LD FULCRUM,
PERFORM ALL 6 WARM-UP EXERCISES **PRIOR** TO ANY FULCRUM USE.

1. Place Lumbo-Dorsal Fulcrum (LD) on the floor.
2. Feel the last rib, the fulcrum top should be placed at this point.
3. Start with **FIVE** of each new exercise given with a goal of **TEN** repetitions within three days.
4. When exercises are completed, **roll to one side**, do not sit straight up!
5. Advise the staff of any *unusual* soreness, symptoms or problems immediately. Rib soreness and some muscle reaction is completely normal and should be anticipated.

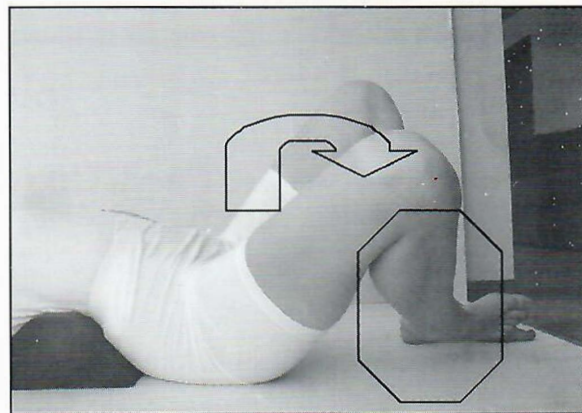
◆ EXERCISE ONE (LD-1)

1. Arms at sides or extended out for stability.
2. Knees bent, feet 16" apart.
3. Bring left knee to chest and hold for count of five.
4. Return left knee to starting position, and repeat exercise with right knee.
5. Hold for a count of five. Do not use hands to hold knee.



◆ EXERCISE TWO (LD-2)

1. Arms at sides or extended out for stability.
2. Knees bent, feet 16" apart.
3. Externally rotate right knee as if to point toward wall to the right. Right heel should be at level of left ankle, but not touching.
4. Hold to a count of five.
5. Bring right knee back into position. Perform same exercise with left knee and heel, alternating between left and right legs.



◆ EXERCISE THREE (LD-3)

1. Knees bent.
2. Arms folded across chest.
3. Inhale.
4. Raise upper body 6" off floor as if to sit up.
5. Hold for a count of five.
6. Exhale and lie back down.

