



Hands and Knees Lumbar Mobility Exercise

Virginia Mason Physical Therapy

- Begin on your hands and knees
- Gently round your lower back by contracting your abdominals and tucking your pelvis
- Then allow your back to sag down toward the floor as you lift your chest
- Hold each position three seconds
- Repeat 10 times
- Perform this exercise two times daily

Watch this video at [VirginiaMason.org/SpineExercises](https://www.virginiamason.org/SpineExercises)