

# Spinal Twist



- Lie on your back with the knees bent and the feet flat on the floor.
- Drop the knees to one side and allow a stretch to occur along the low back.
- Repeat on the opposite side.

Unless otherwise indicated below, perform this stretch ten times to each side.

Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_ Repeat \_\_\_\_\_ times daily.

Hold time: \_\_\_\_\_ Other instructions: