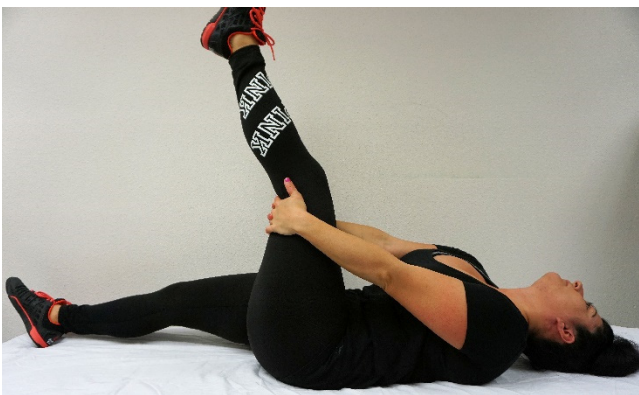


Basic Stretching and Core strengthening:

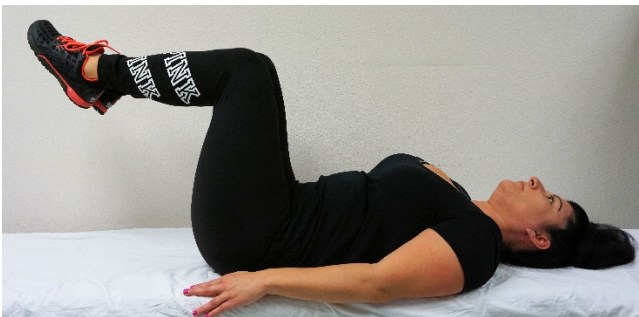
For improved health of your spine, please perform the basic stretching and strengthening exercises at least twice a day. Please allocate 30 minutes of your time. You may use a firm surface or a yoga mat. Keep your mind relaxed and free of worries. Do not rush these. A favorite music playing may help you enjoy these. Once you feel very comfortable with these basic exercises, you may proceed to the advanced exercises. It takes several weeks to start noticing improvement.



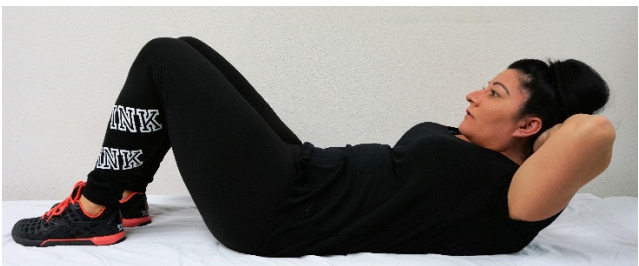
Stretching Hamstrings & Piriformis: With both knees bent, grab one of the leg with your hands and gently pull the knee towards your shoulder. Hold it for 10 seconds and repeat 5 times. Now do the same for the other side. For stretching piriformis, pull your knee towards the opposite shoulder.



Stretching Hamstrings: With both knees bent, grab on of the legs above the knee joint with your hands and gently pull your straight leg towards you. Hold for 5 seconds and then repeat the same for the opposite side. Perform these 5 times for each side. You may use a folded towel or a wide belt to grab your leg.



Strengthening Abdominal Muscles and psoas muscles:
Raise both legs simultaneously with knees bent at the right-angle (90 degrees). Hold of 10 seconds and repeat 10 times.



Strengthening Abdominal Muscles: With knees bent, place both your hands under your neck and gently raise your upper torso up while tightening your abdominal muscles. Hold for 5 seconds and repeat 5 times



Strengthening Back Muscles: With knees bent, place both your arms by your side and gently raise your spine slightly away from the floor and then hold it for 5 seconds. Repeat this 10 times.