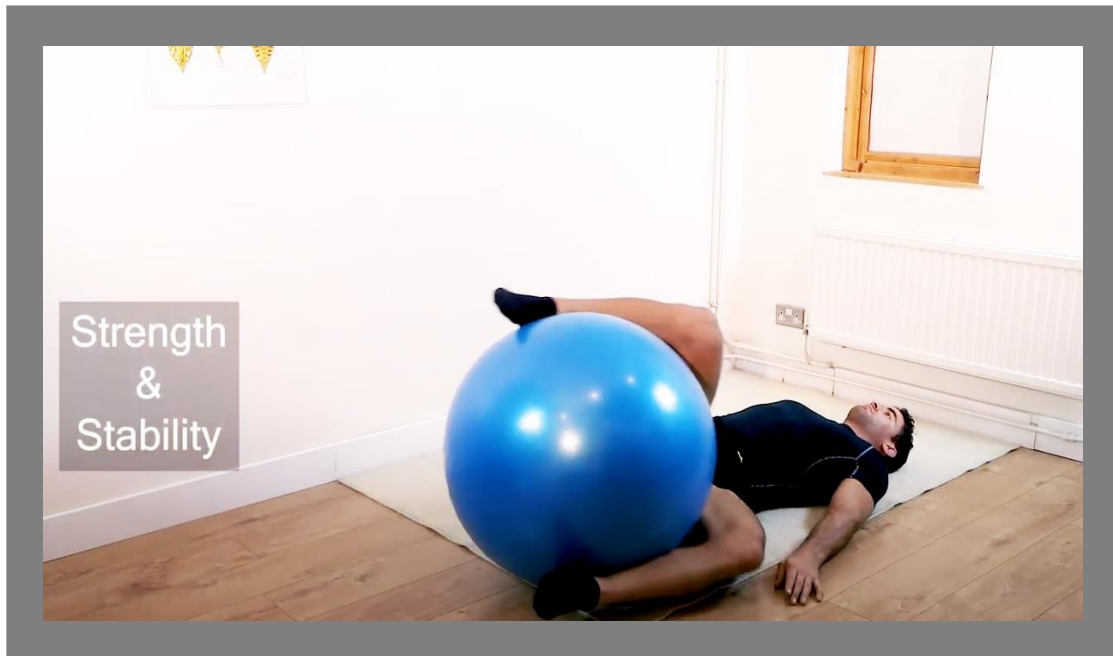


SPINE & PELVIS MOBILISATION EXERCISE

LUMB112



AREAS AFFECTED	ADVICE
<p>Lumbar spine. Also, the pelvis and the thoracic spine.</p>	<p>Lie on floor face up. Place an exercise ball near your feet. Place both legs on either side of the ball and slowly rock your pelvis from side to side.</p>