

# LOWER BACK

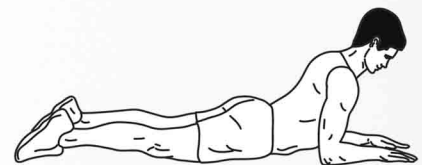
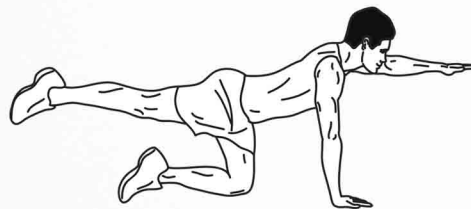
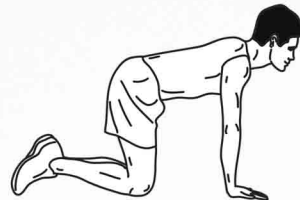
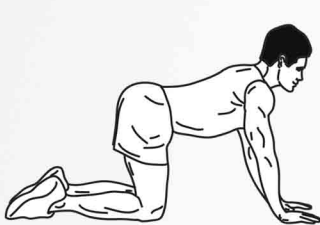
REHAB WORKOUT

@ [darebee.com](https://darebee.com)

3 sets | 2 minutes rest

IN COLLABORATION WITH

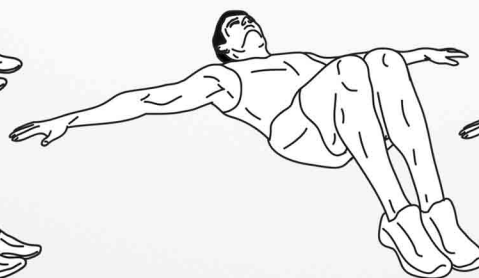
**NHS** choices



10 bottom to heels stretch

10 opposite arm / leg raises

10 back extensions



10 bridges

10 knee rolls