

# MARIN PHYSICAL THERAPY

## Lumbar Rotation and Sidebend Stretching



Beginning rotation

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times



Intermediate rotation

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times



Advanced rotation

Hold \_\_\_\_ seconds, repeat \_\_\_\_ times



Sidebend

Hold \_\_\_\_ seconds

Repeat \_\_\_\_ times