

### 3 Egoscue Exercise for lower back pain



#### #1 EXERCISE Lie on back (AKA static position)

First, lie down on the floor with your lower legs up on a chair or an exercise block, bent at 90 degrees at the knee. Relax in this position for 5 MINUTES.

#### #2 EXERCISE Arms over head

Stay in static position, extend your arms straight up over your chest and clasp your hands.

Bring your arms back over your head until you can't go any further with your arms straight, doing 30 REPS.

#### #3 EXERCISE Pillow Squeeze

Remove the chair and put your feet on the floor with your legs at a 45-degree angle and place a pillow between your legs. Squeeze and release the pillow firmly for 60 REPS.