



WAR EAGLE SPORTS MEDICINE

REHAB PLAN



Name: LOW BACK PAIN

Date Assigned	Exercise	Rep x Set	WT
	Sit and Reach Stretch	2x30sec	
	Figure 4 Stretch	2x30sec	
	Quad Stretch	2x30sec	
	Piriformis Stretch on Table	2x30sec	
	Foam Roll	3min	

*****EACH EXERCISE IS TO BE DONE ON BOTH SIDES*****

Sit and Reach



Figure 4 Stretch



Quad Stretch



Piriformis Stretch on Table

