

## WAR EAGLE SPORTS MEDICINE REHAB PLAN

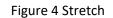


Name: LOW BACK PAIN

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





**Quad Stretch** 





Piriformis Stretch on Table

