

**Spinal Biomechanical
Therapeutic Maneuvers®**
Lumbar Spine 1



Hip Rotation



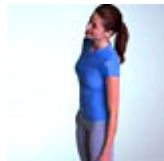
**Side View Hip
Rotation**

1. Stand straight
2. Arms to the front
3. Feet shoulder width apart, 6" from wall or door
4. Head, Back, Buttocks against wall or door
5. Test lumbar spine space with hand
6. Rotate hip backward and down
7. Hold position for count of 12
8. Relax
9. Repeat three times

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Lumbar Spine 2



**Front View of
Right Arm
Down Right Leg
Head Perpendicular to
shoulders**



**Opposite Side
View**

1. Stand straight
2. Bend lower back to right side
3. Maintain arm to right side of body
4. Don't bend hips
5. Hold position for count of 12
6. Release back to center
7. Repeat to left side
8. Repeat three times

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Lumbar Spine 3



**Side View of
Flexion Position**

1. Stand straight
2. Bend forward at waist-knees straight
3. Reach hands toward toes
4. Don't bounce
5. Hold position for count of 12
6. Repeat three times