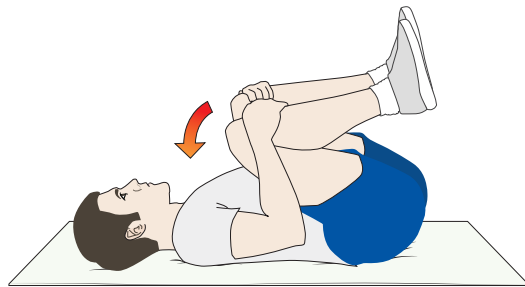


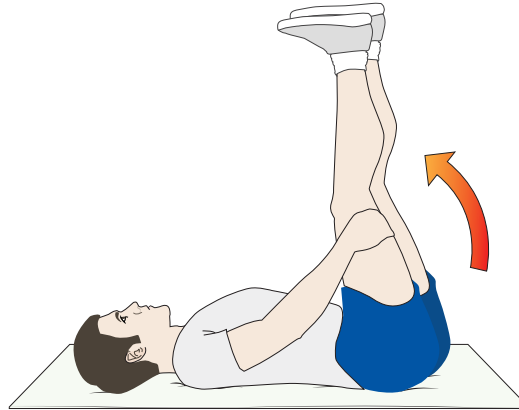
LOWER LUMBAR NEURAL FLOSSING™

Post Lumbar Lysis of Adhesions Physical Rehabilitation*



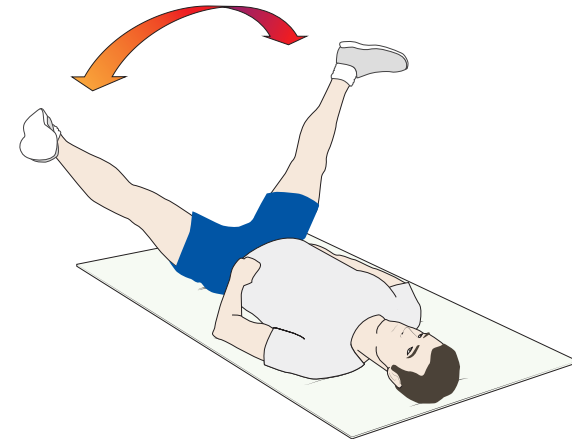
exercise 1

20-30 sec



exercise 2

20-30 sec



exercise 3

20-30 sec

Repeat 3 Times Daily

LOWER LUMBAR NEURAL FLOSSING™

Post Lumbar Lysis of Adhesions Physical Rehabilitation

exercise 1 Lay down with your face up (supine) on the exercise mat without a pillow. Slowly, bring both knees close to the chest with bent legs and hold this position for 20-30 seconds. Release and assume a neutral position to rest briefly.
20-30 sec

exercise 2 Again, in the supine position, both legs are raised to a 90° straight-up position, with knees straight while laying flat on the firm surface. This position is held for 20-30 seconds. Assume a neutral position and rest briefly before the third and final stretching exercise.
20-30 sec

exercise 3 Similar to exercise 2, both legs are brought straight-up to a 90° position, while lying supine. Slowly spread the legs in a “V” shape, as much as is comfortably possible, and hold this position for 20-30 seconds. This exercise is extremely important because it reduces stress on the sciatic nerve.
20-30 sec



*Gilbert K, Brismee J, Collins D, James C, Shah R, Sawyer S, Sizer P. 2006 Young Investigator Award Winner: Lumbosacral Nerve Root Displacement and Strain, Part 2. A Comparison of 2 Straight Leg Raise Conditions in Unembalmed Cadavers. *SPINE* 2007; Volume 32; Number 14:1521-1525

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