

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

Scott J. Mubarak MD
Peter O. Newton MD

Dennis R. Wenger MD
C. Douglas Wallace MD

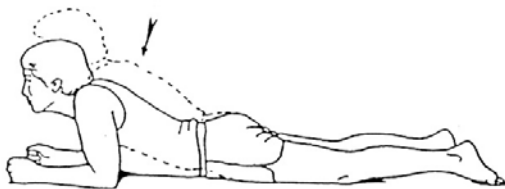
Henry G. Chambers MD
Maya Pring MD

3030 Children's Way, Ste 410

San Diego, CA 92123

858 966 6789 / fax 858 966 6706

BACK – 1 Prone on Elbows



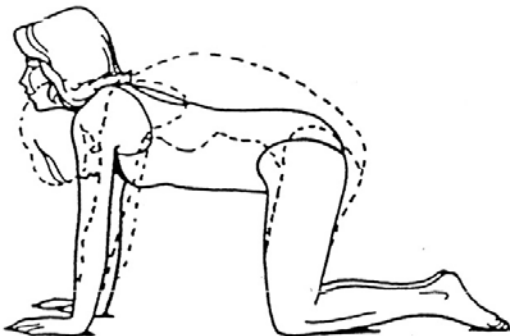
Raise up on elbows as high as possible, keeping hips on floor.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.

BACK – 2 Press-Up



Press upper body upward into position shown, keeping hips
in contact with floor. Keep low back and buttocks relaxed.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.

BACK – 14 Angry Cat Scratch



Tuck chin and tighten stomach arching back.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.

BACK – 20 Mid Back Stretch



Press chest toward floor, reaching forward as far as you can.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.