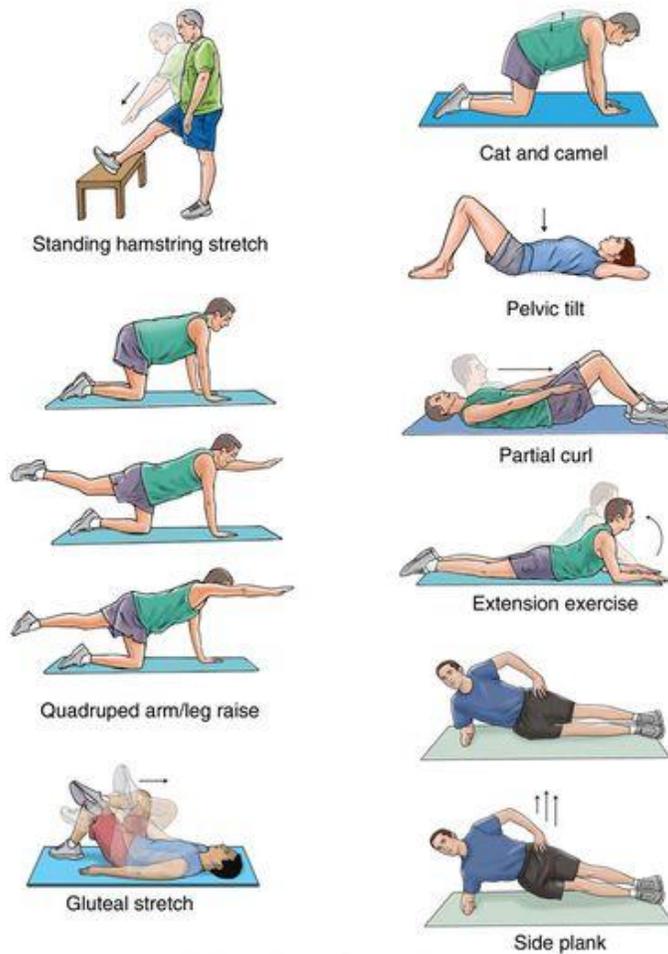

Patient Home Care

Low Back Pain Exercises



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Do not perform these exercises if Dr. Ross has not indicated these exercises for your condition.

Dr Brian Ross Lower Back Rehabilitation Exercises

Patient _____ Date _____

Perform Times Per Day _____ Number of Reps _____

Follow all instructions given by Dr. Ross. This is important for your recovery. Any Questions Feel Free To Call The Office.