

Pediatric Orthopedic and Scoliosis Center

A Division of Rady Children's Specialists of San Diego

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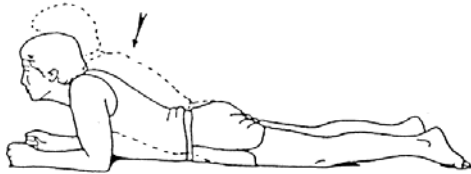
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BACK – 1 Prone on Elbows



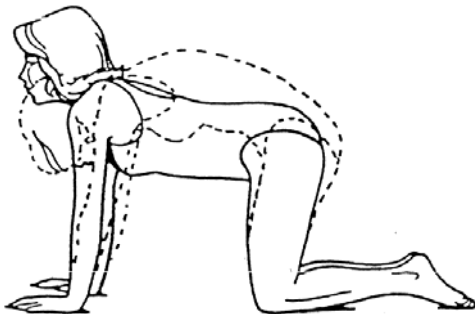
Raise up on elbows as high as possible, keeping hips on floor.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.

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.