

## Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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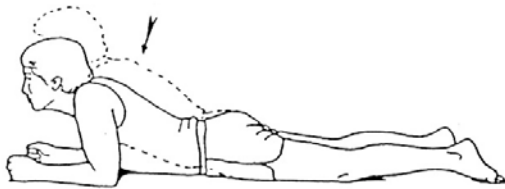
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### BACK – 1 Prone on Elbows



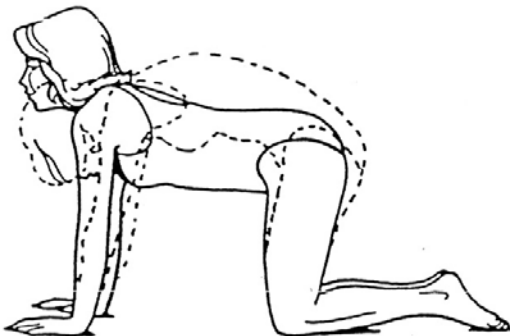
Raise up on elbows as high as possible, keeping hips on floor.  
Hold \_\_\_ seconds. Repeat \_\_\_ times.  
Do \_\_\_ sessions per day.

### 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.