

## Welcome Plan Participant to ABDC123 Plan Sponsor MSK HotLine

*(all therapies included are provided by MyWay MSK for Plan ABDC123)*

**NOTE: Any therapeutic attempt that creates major discomfort should be halted immediately, then attempt others, should they all not provide relief contact your primary care provider or call 877-636-1436 and schedule an MyWay MSK Prostaff personal consultation for additional options - including a referral to a physical therapist within your plan network and physical local and a copay coupon as you have saved time and money.**

### LOWER BACK PAIN WALL STRETCH

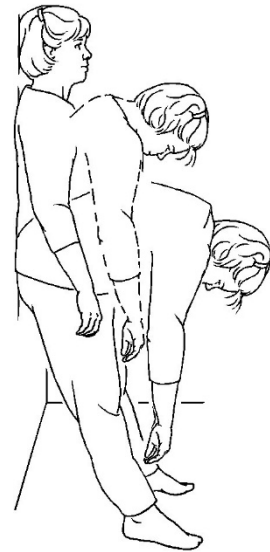
Lean against wall with feet about 24 inches from wall.

Keeping knees slightly bent, Exhale, bring chin toward chest.

Slowly peel your back off the wall. Then, inhaling, tightening abdomen, bring back slowly to wall.

Repeat 5 times per set. Do **3** sets per session.

Do **2** times per day.



### LOWER BACK CHAIR STRETCH

Sit in chair with knees spread apart.

Bend forward to floor.

Feel the lower back stretch.

Hold **10** count.

Repeat **5** times. Do **3** sets **2** times per day.



## LOWER BACK / HAMSTRING STRETCH

Place hands shoulder – width apart on wall.

Move hips backward until hips, shoulders, hands align.

Exhale contracting quadriceps pushing hips from wall.

Hold **10** count. Tighten stomach muscles as standing.

Repeat **5** times. Do **2** times per day.

