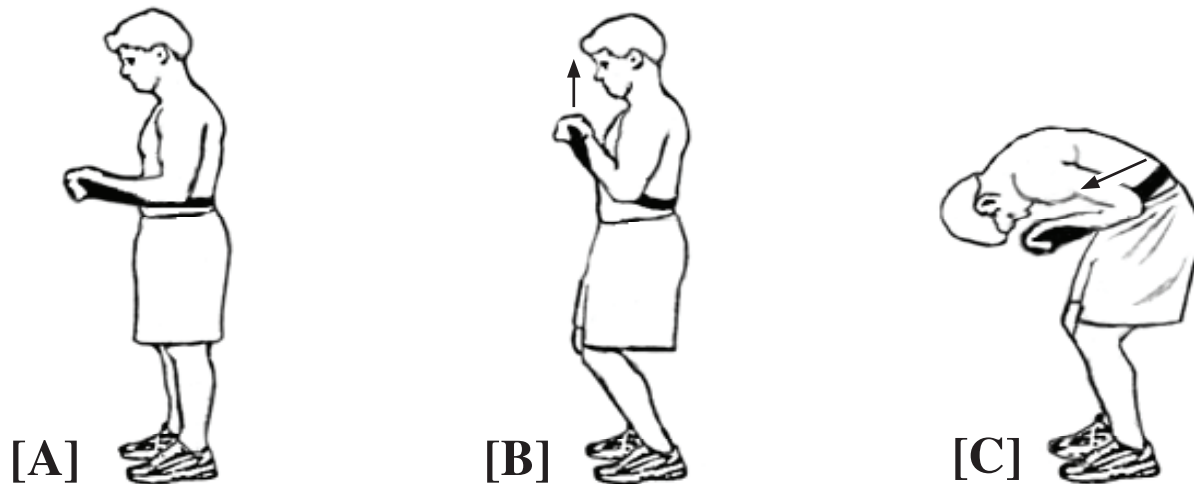


## 28 Lumbar Self SNAG Using a Belt: Flexion

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### Instructions

- Place a belt at the level of your lower back prescribed by your clinician. [A]
- Grasp the belt with both hands, palms facing up, and position it between your arms and the body.
- With your elbows against the body, raise the belt toward your chin. [B]
- You should feel a pain-free lifting pressure in the lower back.
- With your knees slightly bent, maintain this pressure as you bend forward. [C]
- If this movement is pain-free, repeat it as often as prescribed by your clinician.

Sets \_\_\_\_\_

Repetitions \_\_\_\_\_

Hold \_\_\_\_\_

Frequency \_\_\_\_\_

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### Comments

### Attention Mulligan Concept Practitioner

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