

SPINAL EXTENSION EXERCISE PROTOCOL from Ball et al. Osteoporosis Intl 2009. 20:481-489.

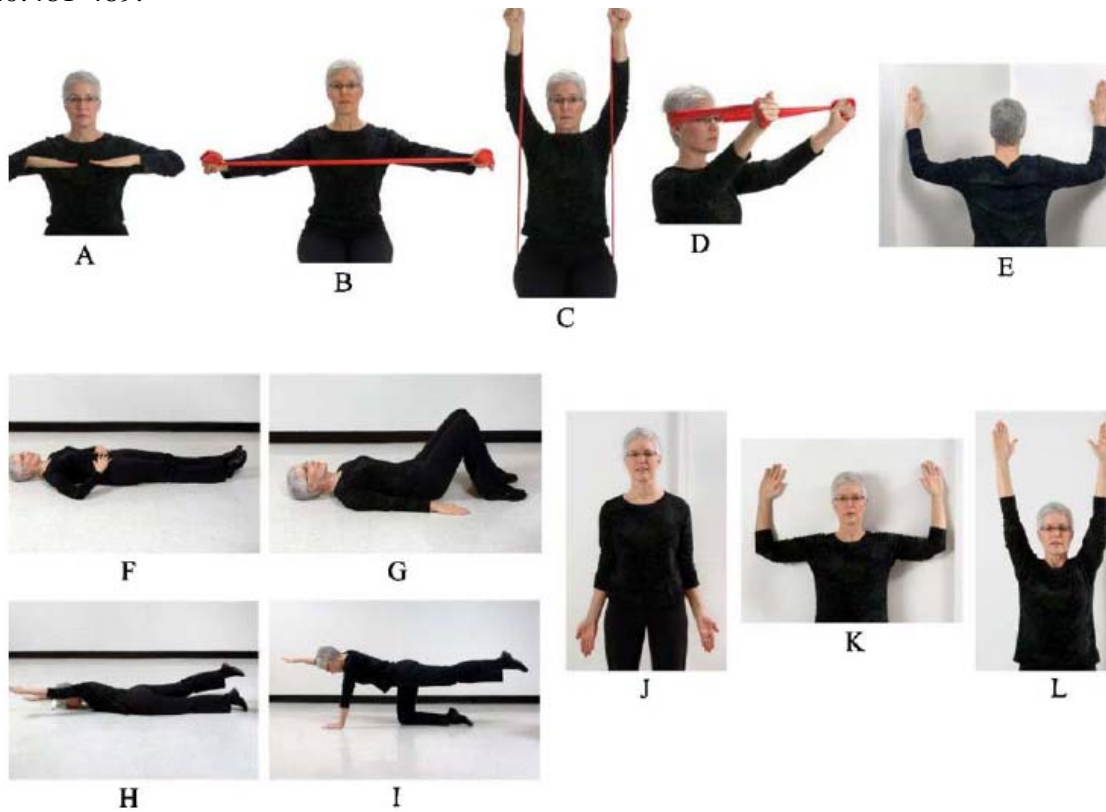


Fig. 1 Extension exercises. Nine extension exercises prescribed for all patients. Panels F and G and J, K, and L show the sequential movements of one exercise