

# LOW BACK STRETCHING

## *Instructions*

### General Instructions:

- Stretch **SLOW & SUSTAINED-NEVER BOUNCE.**
  - Always Stretch on both sides.
  - Frequency is the key! Stretch at least 3-5 times a day.
  - Stretching should be comfortable, **never stretch to the point of PAIN!**
  - If you feel pain with any of these stretches discontinue that stretch and consult your doctor before continuing.
- NOTES: \_\_\_\_\_

### 1) QUADRICEPS

- Hold onto a chair, couch or some other stationary object for stability.
- Stand on the right leg and pull heel towards the buttock until a comfortable stretch is felt in the front of the thigh.
- Hold for 8-10 seconds and release.
- Switch legs and repeat 3 times with each leg.

Safe  Not Safe



### 2) POSTERIOR HIP/PIRIFORMIS

- Sitting in a chair, cross your right leg over the left to form a figure 4.
- Keeping your spine erect, lean forward as if you were trying to touch the wall in front of you with your nose, moving your head in a straight line until you feel a comfortable stretch in the buttock. (If you feel the stretch in the upper thigh, you are not keeping the spine straight enough)
- Hold for 8-10 seconds and release.
- Switch legs and repeat 3 times with each leg.

Safe  Not Safe



### 3) HAM STRING

- Sit on the floor with the right leg extended in front of you.
- Tuck left foot near the right knee.
- Reach down extended leg with both arms until you feel a mild stretch in the back of the thigh.
- Try to keep your back as straight as possible.
- Hold for 8 to 10 seconds and release.
- Switch legs and repeat 3 times with each leg.

Safe  Not Safe



### 4) KNEE TO CHEST

- Lie on your back.
- Pull both knees to chest until you feel a comfortable stretch in your low back.
- Keep the back relaxed.
- Hold for 8-10 seconds and release.
- Repeat 3 times.

Safe  Not Safe



### 5) TRUNK ROTATION

- Lie on your back.
- Keeping your back flat and feet together rotate your knees to the right.
- Hold 8-10 seconds.
- Rotate knees to the left and repeat 3 times.

Safe  Not Safe



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### 6) PELVIC TILT

- A) Lie on your back with knees bent, feet flat on the floor, and arms at sides.
- B) Flatten the small of your back against the floor. (Hips will tilt upward).
- C) Hold for 8-10 seconds. Gradually increase your holding time to 45-60 seconds.
- D) Repeat 5-10 times.

Safe  Not Safe



### 7) TRUNK FLEXION

- A) On hands and knees, tuck in chin and arch your back.
- B) Slowly sit back on heels, letting shoulders drop toward the floor.
- C) Hold for 8-10 seconds and release.
- D) Repeat 3 times.

Safe  Not Safe



### 8) MID-BACK ROTATION

- A) On your hands and knees sit back on your heels.
- B) Reach out in front of you as far as is comfortable.
- C) Rotate to the right side as far as you can go until you feel a comfortable stretch in your back keeping your chest as low to the floor as possible.
- D) Hold for 8-10 seconds and release.
- E) Rotate to the left and repeat 3 times.

Safe  Not Safe



### 9) PRESS-UPS

- A) Lay flat on the stomach.
- B) Press upper body upward while trying to keep hips in contact with the surface you are laying on.
- C) Keep lower back and buttocks relaxed.
- D) Hold 8-10 seconds.
- E) Repeat 5-10 times.

Safe  Not Safe



### 10) CAT AND CAMEL

- A) Position yourself on hands and knees.
- B) Allow your back to sag or drop downward.
- C) Hold 8-10 seconds.
- D) Round your back upward tightening your buttock and abdominal muscles.
- E) Hold 8-10 seconds.
- F) Slowly alternate holding each for 8-10 seconds and repeat 5-10 times.

Safe  Not Safe

