

Lower Back Exercises



Figure-4 or Pretzel Stretch

Start by resting foot on the opposite leg/knee. Gently press down on the crossed leg/thigh. Stretch should be felt in the hip or buttocks.
Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.



Knees to Chest Stretch

Gently pull knees towards chest. Pull just enough to feel stretch in low back and buttocks.
Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.



Piriformis/Hip Stretch

Start with knee bent to approximately 90 degrees. Gently pull knee across midline of your body to feel stretch on outside of the hip area or into the buttocks.
Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

Single Knee to Chest Stretch



Gently pull one knee towards chest. Pull just enough to feel stretch in low back and buttocks.
Hold ____ seconds. Perform ____ repetitions. Repeat ____ times/day.

Lower Trunk Rotation



Lie on back with your knees bent approximately 90 degrees. Rotate slowly side to side.
Hold _____ seconds. Perform _____ repetitions. Repeat _____ times/day.

Low Back Extension Stretch on Elbows: 10 reps, 1 set



Lie on your stomach with elbows at your side.



Press up on your elbows and hold.

Piriformis Stretch in Sitting: 2 reps, 30 sec hold, 1 set



Bend your knee and place ankle next to straight leg.



Grab the side of your thigh.



Pull knee across body. Sit up straight.

Pelvic Tilt in Supine: 10 reps, 1 set



Lie on your back with both knees bent.



Flatten your back to floor.



Relax up.

Bridging: 10 reps, 1 set



Lie on your back with your knees bent.



Lift your hips so your back is in a straight line.



Lower and repeat.

Alternate Leg Raise in Quadruped: 10 reps, 1 set



Start on your hands and knees.



Extend right leg straight back.



Lower right leg then extend left leg.

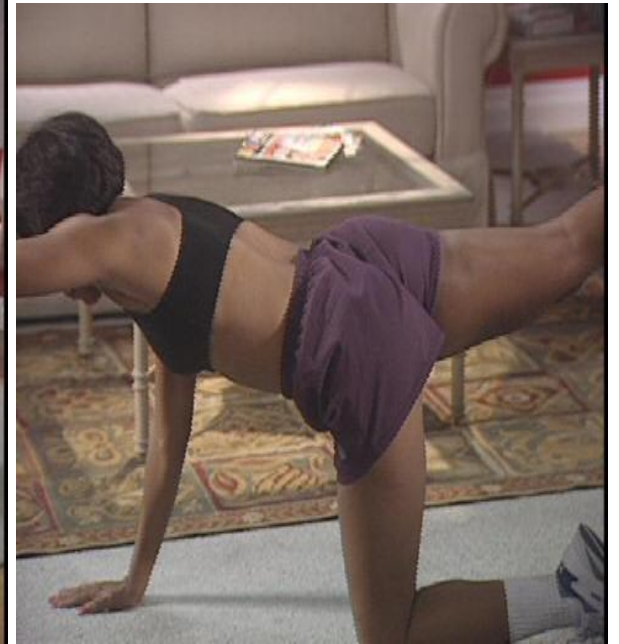
Alternate, Opposite Arm & Leg Raise in Quadraped: 10 reps, 1 set



Start on your hands and knees.



Raise your right arm and left leg.



Lower then repeat with left arm and right leg.

Abdominal curl: 10 reps, 1 set



Lie on back with knees bent arms at side.



Curl up raising your shoulders off the floor.



Lower and repeat.

