

# LOW BACK EXERCISES

*If exercises cause pain, please stop and consult your physician.*



POSITIONAL SIDELYING

- 1
- LIE ON YOUR \_\_\_\_\_ SIDE.
  - BEND TOP LEG, AND STRAIGHTEN BOTTOM LEG.
  - CROSS ARMS ACROSS CHEST, AND SLOWLY ROTATE BACK UNTIL A STRETCH IS FELT IN LOWER BACK.
  - HOLD 20 SECONDS. REPEAT 5X.



GLUTE SET

- WHILE LYING FLAT, TIGHTEN AND SQUEEZE BUTTOCKS TOGETHER.
- CAN ALSO PERFORM SITTING OR STANDING.
- HOLD 5 SECONDS. REPEAT 10-30X.



SINGLE KNEE TO CHEST

- 2
- GRAB KNEE WITH BOTH HANDS AND PULL KNEE TO CHEST UNTIL A STRETCH IS FELT IN THE LOWER BACK AND BUTTOCKS.
  - HOLD 20 SECONDS. REPEAT 5X



PIRIFORMIS STRETCH

- 3
- CROSS INVOLVED LEG OVER KNEE. GRASP KNEE WITH BOTH HANDS AND PULL TO THE OPPOSITE SHOULDER.
  - HOLD 20 SECONDS. REPEAT 5X.



LOWER TRUNK ROTATION

- 4
- ROTATE KNEES TO ONE SIDE, WHILE KEEPING SHOULDERS FLAT.
  - HOLD, THEN REPEAT TO OPPOSITE SIDE.
  - HOLD 20 SECONDS. REPEAT 5X



HAMSTRING STRETCH-SUPINE

- 5
- LYING ON BACK. HOLD BEHIND THE KNEE WITH BOTH HANDS.
  - EXTEND LEG TO CEILING. PROGRESS TO LEAVING OPPOSITE LEG STRAIGHT ON MAT.
  - HOLD 20 SECONDS. REPEAT 5X.

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