

Low Back Stretching Routine



SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, pull the top knee upward towards your opposite shoulder for a stretch.

Repeat

Hold

Complete

Perform

Times



PIRIFORMIS AND HIP STRETCH - SEATED FABER STRETCH

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Repeat

Hold

Complete

Perform

Times



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Repeat

Hold

Complete

Perform

Times



GLUTEAL SET - SUPINE

While lying on your back, squeeze your buttocks and hold. Repeat.

Repeat

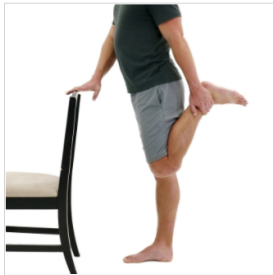
Hold

Complete

Perform

Times





QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

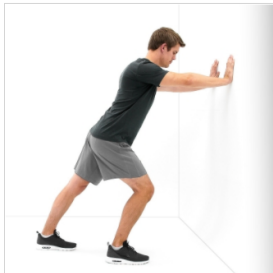
Repeat

Hold

Complete

Perform

Times



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your

Repeat

Hold

Complete

Perform

Times



LOWER TRUNK ROTATIONS - UNSUPPORTED - LTR

While lying on your back with your knees bent, lift up both feet and slowly rock your pelvis to the side. Then slowly rock to the other side. Maintain your spine straight for the entire exercise.

Repeat

Hold

Complete

Perform

Times



HIP FLEXOR STRETCH - FOOT ON CHAIR

While standing, place your foot on a chair as shown. Next, bend your knee to stretch the front of the thigh on the leg that is on the ground.

Repeat

Hold

Complete

Perform

Times

