

Stretches For Lower Back

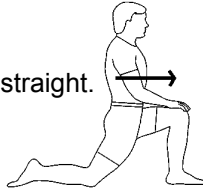
Lunge – Hip Flexor Stretch

- Half kneel as shown on right leg.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

Special Instructions:

Progress by placing a small box under foot of trailing leg.
Perform 1 set, once a day.

Hold exercise for 20 Seconds.

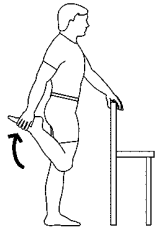


Standing Thigh Stretch

- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

Perform 1 set, once a day.

Hold exercise for 20 Seconds.



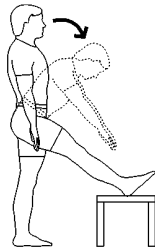
Hamstring Stretch on Bench

- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

Keep the knee straight.
Perform 1 set, once a day.

Hold exercise for 20 Seconds.



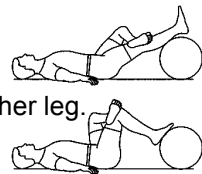
Hip Stretch on Ball

- Lie on back with calf resting on ball.
- Place ankle over knee as shown.
- Slowly bend knee toward chest.
- Return to start position and repeat with other leg.

Perform 1 set, once a day.

Use Ball.

Hold exercise for 20 Seconds.



Piriformis (hip) Stretch - Sitting

- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Relax and repeat with left leg.

Perform 1 set, once a day.

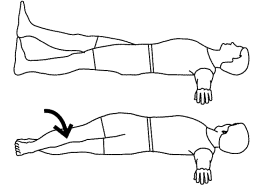
Hold exercise for 20 Seconds.



Torso Stretch

- Lie on back, arms out to side, with heel of left leg on toes of right leg.
- Tighten the thigh muscles of each leg and roll legs to right.
- Continue by lifting left hip up and turning head to left.
- Return to start position and repeat to other direction.

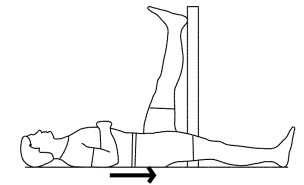
Hold exercise for 20 Seconds.
Perform 1 set, once a day.



Hamstring Stretch in Doorway

- Lie on back, leg elevated and positioned at doorway as shown.
- Buttocks should be about 5 inches from wall, low back flat on floor.
- Gently slide buttocks toward wall, keeping knee straight, until stretch is felt.
- Relax and repeat.

Hold exercise for 20 Seconds.

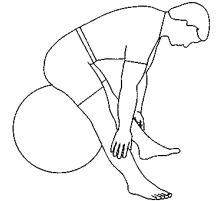


Hamstring Stretch on Ball

- Sit on ball with thighs apart.
- Feet should be flat on floor.
- Place hands on thighs.
- Slowly lean forward and slide hands toward ankles as far as possible.
- Repeat.

Special Instructions:

Keep low back straight.
Perform 1 set, once a day.
Hold exercise for 20 Seconds.



Sitting Groin Stretch

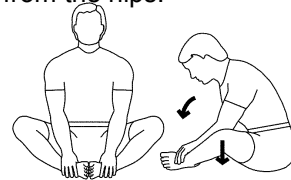
- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

Special Instructions:

Try to keep elbows on inside of knees.

Perform 1 set, once a day.

Hold exercise for 20 Seconds.



Piriformis (Hip) Stretch on Back

- Lie on back.
 - Lift involved leg to chest and grasp knee with opposite hand.
 - Grasp lower calf with your other hand.
 - Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.
- Perform 1 set, once a day.

Hold exercise for 20 Seconds.

