

LOW BACK STRETCHES – Perform 1-2 times a day



- Lie on your back with both knees bent and both feet on floor.
- Reach overhead with one hand and rotate both knees in the opposite direction toward the floor, starting with small movements.
- Hold 1-2 seconds at end range, avoiding pain.
- Perform 30 repetitions (back and forth motion is one repetition). Keep stomach tight.



- Lie on your back and pull both knees to chest.
- Hold 30 seconds at end range; then slowly release stretch. Keep stomach tight.
- Do not go into pain. If painful, you can try bringing only one knee to chest at a time.



- Lie on your back with one knee bent up with your foot on the floor.
- Bring your other leg up and position the outside of your ankle on your lower thigh just above your knee. Keep stomach tight.
- Grasp the thigh of the leg (or use towel around back of knee and grab towel) that remains on the floor and pull it towards your chest until a gentle stretch is felt in your opposite hip.
- Hold 30 seconds at end range; then slowly release stretch. Do not go into pain.
- You may raise the left leg in the picture up until a hamstring stretch is felt.