

Lower Back Stretches

The following exercises aim to improve flexibility of the lower back.

Proper Stretching Technique

- **ALWAYS STRETCH BOTH SIDES EVENLY.** Don't stretch one side more than the other, unless recommended by your practitioner.
- Stretch slowly and smoothly. Hold each stretch for about thirty seconds then release gently. Never bounce or push a muscle beyond its ability.
- Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel a slight tension or pull on the muscle at the peak of the stretch.
- Don't forget to breathe. Using deep breaths will help you relax into the stretch. Never hold your breath while you stretch.

If you feel sharp pain at any time during these exercises, stop and seek further advice from the Barron Chiropractic Clinic.



Neutral Position

Lying on your back, bend the knees up keeping them hip width apart. Your arms relaxed by your side.

There should be a small gap under the lower back.



Hip / Buttock stretch (Gluteus Medius)

From the neutral position lift one knee up to the chest and hold with both hands as shown.

Gently pull the knee in to you. You will feel a stretch in the lower back or buttock.



This stretch can also be done with the lower leg straight.

Start from a flat lying position and bring one knee up as above. Gently pull the knee toward the chest. If you don't feel a stretch, pull your knee over towards your opposite shoulder. Remember to keep your head and neck relaxed.



Lumbar Fascia Stretch

Starting from the neutral position, lift one knee in to the chest and then the other. Hold the knees as shown and gently pull in towards the chest. Your lower back will lift off the floor slightly.



Pelvic Tilt (Anterior)

Starting from neutral, tilt the pelvis forwards to arch the lower back and lift it off the floor. Hold for a few seconds, then release.

Keep shoulders and arms relaxed and in contact with the floor.



Pelvic Tilt (Posterior)

Starting from neutral, tilt the pelvis backwards and push the lower back down into the floor. Hold for a few seconds, then release.

This is also known as 'tucking the pelvis under'.



Lower Back Rotation Stretch

Starting from the neutral position with knees and ankles together, place your arms out to the side as shown.



Gently lower both knees to one side keeping the knees and ankles together. Try to keep both arms and shoulders relaxed and in contact with the floor. Return to neutral and repeat this to the other side.



Piriformis Stretch

Cross your ankle over the thigh of the opposite leg so it rests just above the knee.



Place one arm through the legs and the other around the outside to grasp the knee of the opposing leg as shown.

Gently pull the legs towards your chest. You will feel a deep stretch in the buttock and top of the leg.