

Lower Back Stretches

The following exercises should be performed only with the advice of your Chiropractor or Myotherapist. Starting with the basic exercises and moving onto the intermediate and advanced when your strength improves.

Lower Back Stretches - Basic Exercises

1. Rotation in Lying

- Lie on your back with knees bent.
- Move knees together from side to side.
- Repeat 10 - 20 times.

2. Prone on Elbows

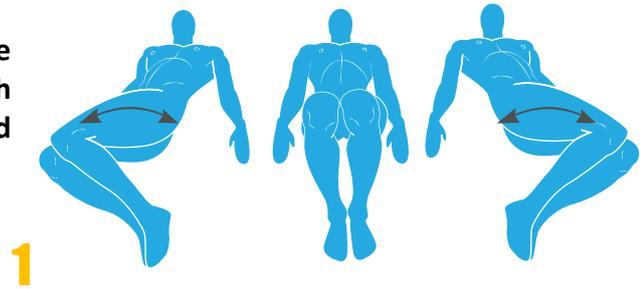
- Lie on your stomach bracing yourself up on your forearms
- Hold for 2 seconds, and then slowly lower yourself down flat.
- Repeat 10 times.

3. Knees to Chest

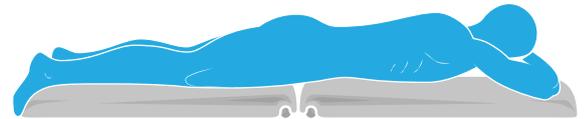
- Lie on your back with knees bent.
- Lift both knees to your chest using your hands
- Hold for 5 seconds and repeat 10 times.

4. Side Flexion in Standing

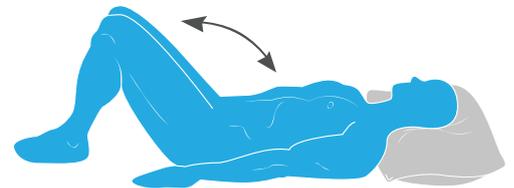
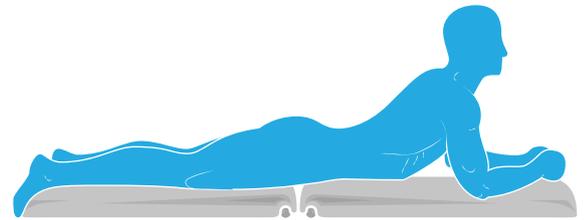
- Stand with back straight, hands by your sides.
- Gently lean to one side to your knee.
- Repeat 10 times each side.



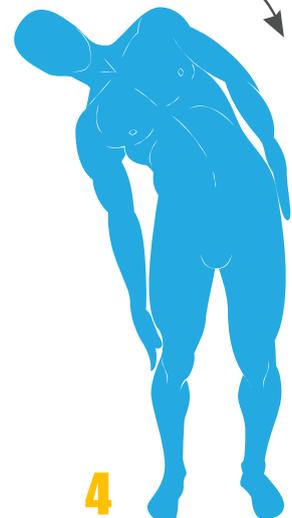
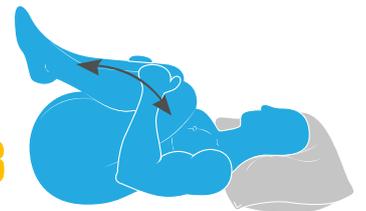
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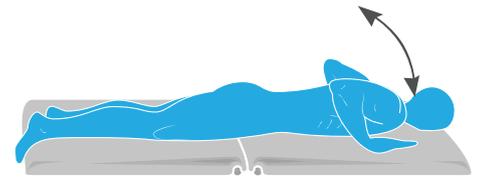


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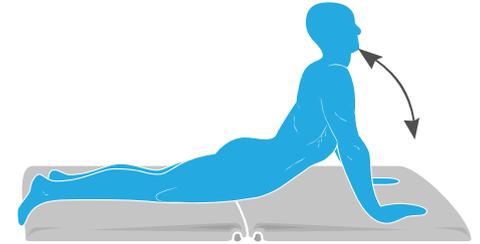
Lower Back Stretches - Advanced Exercises



5. Extension in Lying

- Lie on your stomach, hands by shoulder and elbows up.
- Slowly straighten elbows, letting your back fall into an arch.
- Repeat 10 times.

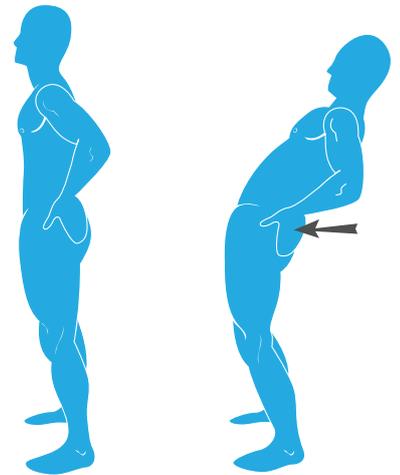
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6. Extension in Standing

- Stand with feet shoulder width apart, back straight, hands on hips.
- Gently arch back forwards.
- Repeat 10 times.

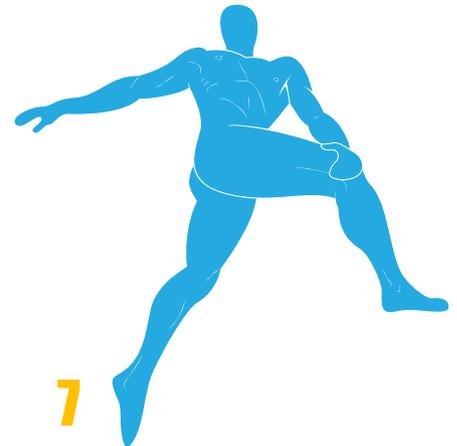
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7. Rotation Stretch in Lying

- Lie on your back, stretch leg across body using your hand.
- Keep other arm straight on the ground.
- Hold for 15 seconds and repeat 4 times, on each side.

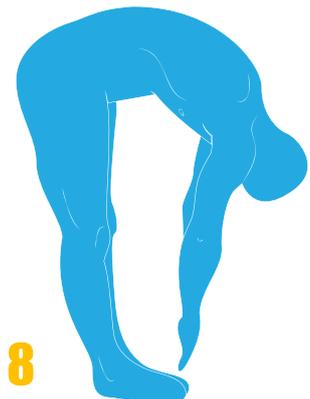
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8. Flexion in Standing

- Stand straight and gently lean forwards, reaching hands towards toes.
- Do not bounce!
- Repeat 10 times.

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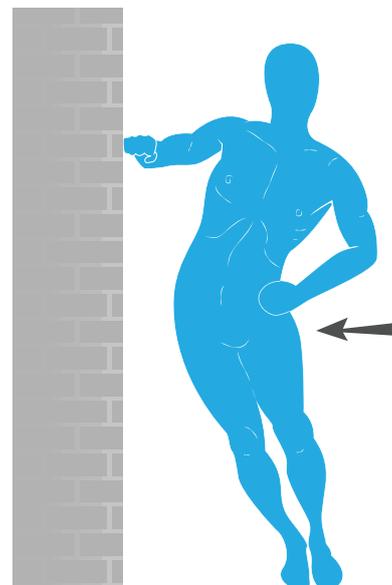


Lower Back Stretches – Less Common Exercises

9. Side Bend in Standing

- Place forearm against the wall, feet together, back straight, hand on your hip.
- Gently push hip towards the wall.
- Repeat 10 times on each side.

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10. Hamstring stretch

- Place your foot on a step, keeping knee and back straight.
- Lean forward at hips to feel a stretch in the back of the thigh / knee.
- Hold for 15 seconds and repeat 4 times.

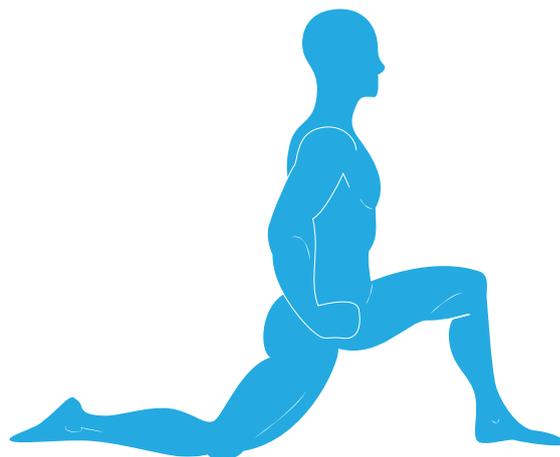
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11. Psoas Stretch

- Lunge position, with the leg stretched behind.
- Keep back straight, gently lunge forwards to feel a stretch in the front of your hip.
- Hold for 15 seconds and repeat 4 times.

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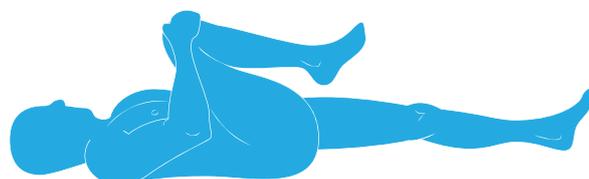


12. Gluteal Stretch

- Lie on back, lift knee towards opposite shoulder using your hand.

- Hold for 15 seconds and repeat 4 times.

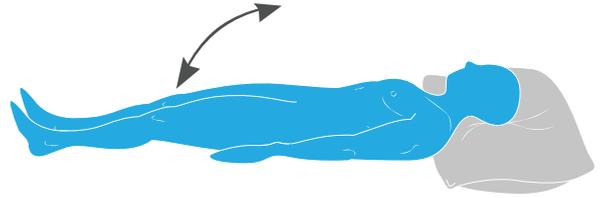
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Hip Stretches – Basic Exercises

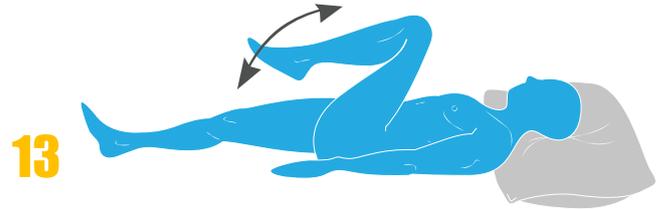
13. Hip Flexion

- Lie on back and lift knee to chest.
- Repeat 10 - 20 times.



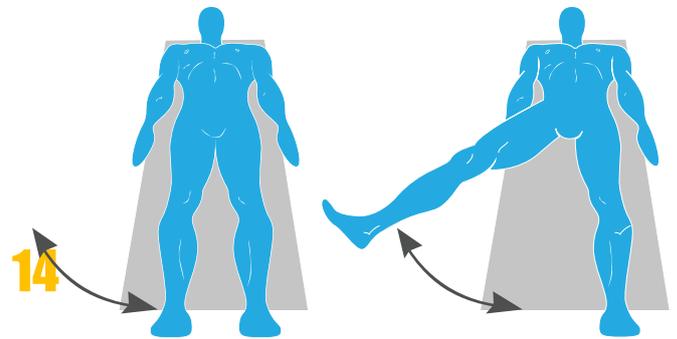
14. Hip Abduction

- Lie on back, keeping knee straight, extend leg to the side.
- Keep your kneecap and toes facing the ceiling.
- Repeat 10 - 20 times.



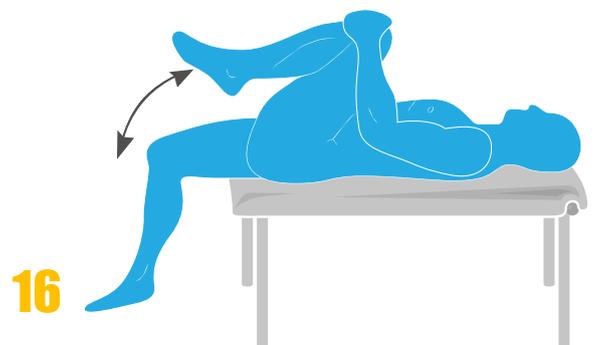
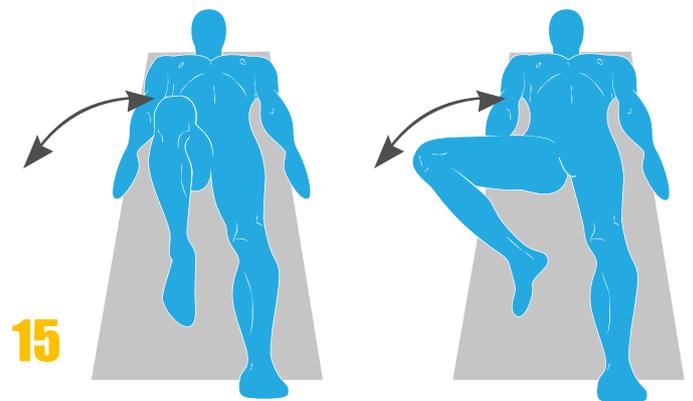
15. Hip External Rotation

- Lie on back with knee bent and foot flat.
- Lower knee to the side.
- Repeat 10 - 20 times.



16. Hip Extension in Lying

- Lie on back, with buttocks at the edge of a bed.
- Lift knee towards chest, let the other leg drop towards the floor.
- Hold for 5 seconds and repeat 10 times.



Hip Stretches – Advanced Exercises

17. Gluteal Stretch

-Lie on back, lift knee towards opposite shoulder using your hand.

-Hold for 15 seconds and repeat 4 times.



18. Adductor Stretch

-Stand straight spread feet twice the shoulder width apart.

-Gently lunge to one side, keeping other knee straight.

-Hold for 15 seconds and repeat 4 times.

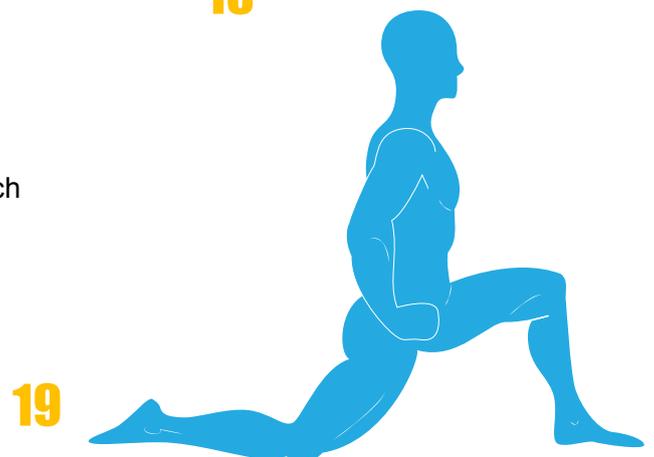


19. Psoas Stretch

-Get in a lunge position, with the leg stretched behind.

-Keep back straight, gently lunge forwards to feel a stretch in the front of your hip.

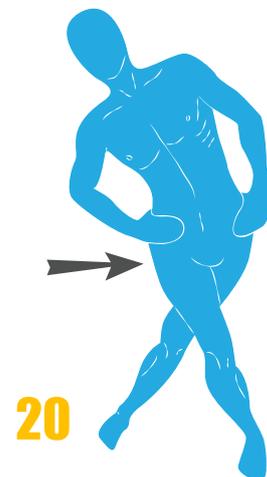
-Hold for 15 seconds and repeat 4 times.



Hip Stretches – Less Common Exercises

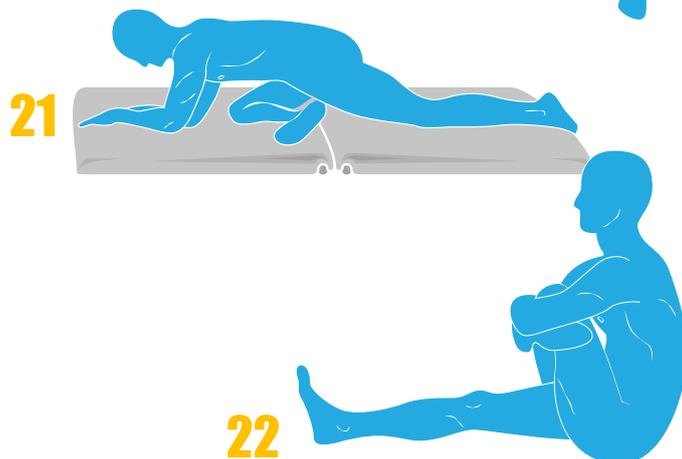
20. ITB Stretch

- Stand straight, cross and stretch one leg behind the other.
- Push your hips out to stretch the leg behind.
- Hold for 15 seconds and repeat 4 times.



21. Prone Gluteal Stretch

- On hands and knees place leg under your stomach with your knee in front of your hips and your foot to the side as demonstrated.
- Gently lower upper body onto leg, keeping back leg straight.
- Hold for 15 seconds and repeat 4 times.

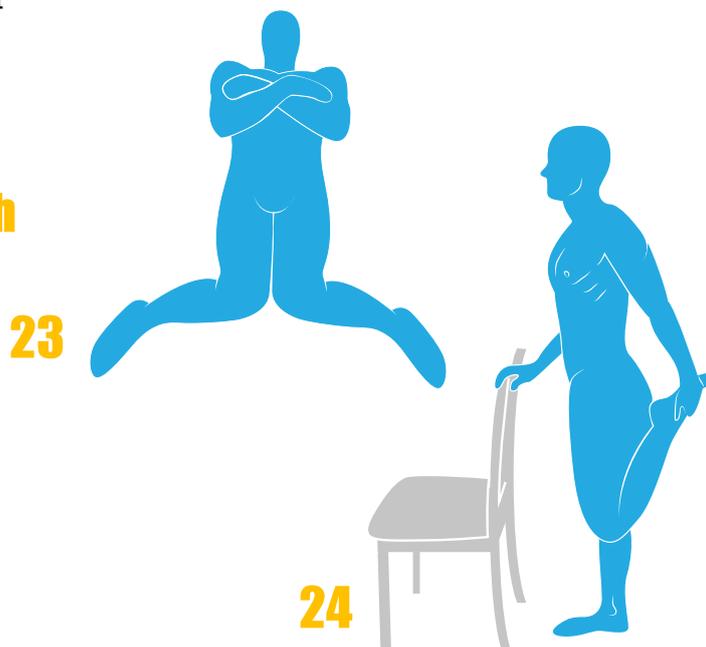


22. Long Sitting Gluteal Stretch

- Sitting on the floor with both legs straight. Place one foot on the other side of the straight leg.
- Keeping back straight, pull the leg towards your chest.
- Hold for 15 seconds and repeat 4 times.

23. Hip Internal Rotation Stretch

- Lie on back with spread feet twice the shoulder width apart.
- Gently bring knees towards each other.
- Hold for 5 seconds and repeat 10 times.



24. Quadriceps Stretch

- Using a chair for balance, bring heel towards bottom.
- Keep knees together and back.
- Hold for 15 seconds and repeat 4 times.

25. Hamstring Stretch

- Place your foot on a step, keeping knee and back straight.
- Lean forward at hips to feel a stretch in the back of the thigh / knee.
- Hold for 15 seconds and repeat 4 times.

