

Lower-back stretches



If done regularly these stretches will increase flexibility, reduce spinal degeneration and reduce pain. They should be done as part of an overall treatment program to enhance the health of your back. Ongoing pain should always be assessed by a qualified therapist.



Smart stretch tips...

- Stretch gently and slowly
- Keep breathing
- Repeat each stretch for 10-15 times
- Do not bounce stretches
- Stretch to the point of tension not pain



Place hands below position of shoulders. Gently push off floor to extend back. Hold 8 seconds.



From hands and knee position, gently lunge to bring face to floor. Hold 10 seconds.



Shoulders to stay flat on floor. Gently rotate knees side to side. Hold each side for 5 seconds.



Bring knee to opposite shoulder. Hold 5 seconds.



Bring both knees to chest. Hold 2-3 seconds.



Lunge forward as you tighten buttock to stretch front of kneeling leg. Hold 15 seconds.