

# low back pain stretch guide

## mid back twist



Cross R leg over L leg. Place LH on R knee. Rotate body to look over R shoulder.

## back lean



Keep feet flat on the floor. Interlock hands behind head and arch backwards from hips.

## side reach



Hold chair between legs with LH. Reach RH over head. Lean body to L.

## knee to chest



Bring L knee to chest. Pull leg to chest, keeping back straight.

## smart tips...

- Stretch gently and slowly
- Keep breathing
- Hold each stretch for 15 seconds
- Do not bounce stretches
- Stretch to the point of tension not pain
- Perform each stretch at least every 2 hours
- Repeat all stretches to left and right
- Ongoing pain should always be assessed by a qualified therapist

FOR MORE INFORMATION CALL BODYSMART

## knee across chest



Cross R ankle next to bent L knee. Pull R knee towards L shoulder. Keep back straight.

## hip stretch



Place R foot over L knee. Lean forward towards R knee. Keep back straight. Push RH down on R knee.

## rest breaks

Sitting in one position for long periods of time causes muscles to become tight and reduces blood circulation. Taking a break for 2-3 minutes every 30 minutes helps to counteract this. This can be done by fidgeting (tapping your feet), standing to answer the phone, getting a glass of water, changing your sitting position or sitting on a duraDisc to increase blood flow to the buttocks (available through Bodysmart). Movement allows muscles to loosen, enabling better blood flow and thus more efficient removal of toxins and waste products from the muscles.

## pelvic floor hold



To locate pelvic floor contract muscles as if preventing urination. Slowly and gradually lift these muscles. Don't contract buttocks. Pull navel to spine. Hold for 10 seconds then slowly release.

## hamstring



Staighten L leg and bend R leg. Place hands on R knee. Bend forward at hip keeping back straight.



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## chair adjustments

The chair is the most important piece of equipment in your workplace. Adjust chair so that lumbar support is in small of back. Buttocks should be placed as far back on the chair as possible.

Ensure your back has maximum contact with the backrest. Backrest should be at 90°-100° to base. Ergonomic chairs are available from Bodysmart, [www.bodysmart.com.au](http://www.bodysmart.com.au).

