

LOW BACK

LB1 ()



Knees to Chest Stretch: ___reps ___sec hold ___set
Gently pull knees towards chest.
Pull just enough to feel stretch in low back and buttocks.
If you do not feel this stretch try LB6

LB2 ()



Knee-to-chest: ___reps ___sec hold ___set
Keep back straight and flat
Don't lift head up and keep it straight
Breathe evenly and keep other leg straight and stretched out
Flat to the floor (Try LB6)

LB3 ()



Figure 4 or Pretzel Stretch: ___reps ___sec hold ___set
Start by resting foot on the opposite leg/knee
Grasp behind the knee and pull legs toward chest
Stretch should be felt in the hip or buttocks
(Alternate is walking uncrossed leg to tension)

LB4 ()



Hamstring Stretch: ___reps ___sec hold ___set
Slowly lean down to one side
Keep knee locked and toe pointing upward
Bend at the waist keeping your back straight
No pain should be experienced

LB5 ()



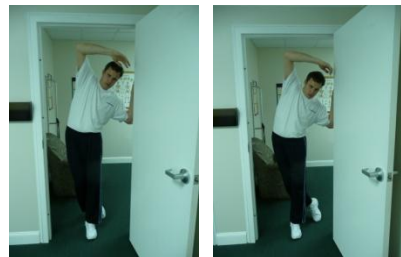
Lower Back Rotators: ___reps ___sec hold ___set
Keep knees together
Rotate knees to one side
Relax legs while doing stretch, but tighten abdominal muscles

LB6 ()



Hip Flexor Stretch: ___reps ___sec hold ___set
Bend knees to the same side and stretch low back by leaning to tolerance forward
Repeat to the other side

LB7 ()



Quadratus Lumborum Stretch: ___reps ___sec hold ___set
Perform in a door
Take outside foot and move to inside of straight leg
Support self by holding the wall
Move hip outward and bend torso toward the door

LB8 ()



Ilio-tibial Band Stretch: ___reps, ___sec hold, ___set
Stand with your involved side next to a wall
Cross your un-involved leg in front
Lean your hip into the wall

LB9 ()



Child pose /sphinx: ___reps ___sec hold ___set
Fold feet underneath you
Stretch arms out
Attempt to get as close to the ground as possible
then come up and arch back with hands in front of back

LB11 ()



Piriformis/Hip Stretch: ___reps ___sec hold ___set
Start with knee bent to approximately 90 degrees.
Gently pull knee across midline of your body to feel stretch on outside of the hip area or into the buttocks.

LB13 ()



Pelvic tilt: ___reps ___sec hold ___set
Flatten back against floor by pushing your spine downward at your umbilicus
Remember to breathe
Relax low back musculature

LB15 ()



Supine Straight Leg Raise and Supine Straight Leg Raise with External Rotation
Hold ___ seconds **Perform** ___ repetitions **Repeat** ___ times/day
Bend uninvolved knee. Keep involved knee straight
Tighten muscle on top of involved thigh and lift leg as high as the bent knee
Can also perform exercise with the foot turned outward.

Stretching Guidelines:

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop* ALL stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690

LB10 ()



Back Stretches- Piriformis: ___reps ___sec hold ___set
Start by resting foot on the opposite leg/knee
Gently press down on the crossed leg/thigh.
Stretch should be felt in the hip or buttocks

LB12 ()



Piriformis Stretch in Sitting: ___reps, ___ sec hold, ___set
Bend your knee and place ankle next to straight leg.
Grab the side of your thigh
Pull knee across body. Sit up straight

LB14 ()



Hip flexor stretch: ___reps, ___ sec hold, ___set
Kneel on your involved side
Stretch your body forward
Feel stretch in your hip/thigh