

# Low Back Stretches

## Bilateral Knees to Chest

- Lay on the ground and bring both knees to your chest.
- Wrap your hands on the upper part of your shin, or behind your knees.
- Work to maintain low back contact with the ground.
- Hold your knees in this position for 5-7 deep breaths.
- Remember to breathe, and try to hug your knees closer on every exhale.



## Single Knee to Chest

- Lay on the ground, extending one leg, and hugging the other knee towards your chest.
- Wrap your hands on the upper part of your shin, or behind your knees.
- Work to maintain low back contact with the ground.
- Hold your knee there for 5-7 deep breaths.
- Remember to breathe, and try to hug your knee closer on every exhale.



## Single Knee to Opposite Shoulder

- Lay on the ground, extending one leg, and hug the other knee toward your opposite shoulder.
- Wrap your hands on the upper part of your shin, or behind your knees. Work to maintain low back contact with the ground.
- Hold your knee there for 5-7 deep breaths.
- Remember to breathe, and try to hug your knee closer on every exhale.



## Pelvic Tilt

- Lay on your back, knees bent toward the ceiling, and feet flat on the ground.
- Place pressure on the heels of your feet.
- Push into your heels and using a rolling motion along on the lower spine, work to curl your pelvic bone towards your nose.
- Work to maintain lower back contact with the ground, this is not a bridge.
- Do 5-8 Reps.

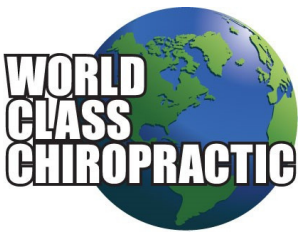


## Supine Twist

- Lay on your back, bend both knees and drop to knees one side keeping ankles together. (both your hips and knees should be at 90 degrees.)
- Reach down one arm closest to the bent knees and gently push down. Stretch other arm out and stretch to your tolerance.
- Hold the stretch for 5-7 deep breaths.
- Remember to breathe and let go with every exhale sinking deeper into the stretch.



*Live Well.*



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## Prone Spinal Extension (Cobra Pose)

- Lay on your your belly.
- Place your hands directly under your shoulders.
- Gently push on your hands, raising your chest off the floor, and extend the spine.
- Hold the stretch for 30 seconds.
- Remember to breathe.



## Flexion Extension (Cat/Cow)

- Position yourself on your hands and knees.
- On your inhale Lower your belly, raise your tailbone, and look up towards the ceiling.
- On your exhale, push into the floor, round your upper back, and drop your tailbone down.
- Move through the stretch for 30 seconds.
- Link all movement with your breath.



## Low Back Release (Child's Pose)

- Position yourself on your hands and knees.
- Have your knees slightly wider than your hips, and your big toes touching.
- On your exhale, push back, lower your tailbone towards your feet, and extend your arms.
- Hold the stretch for 30 seconds.
- Concentrate on slow, deep breaths during this stretch.



## Low Back Release (Downward Facing Dog)

- Begin on your hands and knees.
- Spread your fingers wide and press firmly through your palms and knuckles.
- Exhale as you tuck your toes and lift your knees off the floor.
- Press the floor away from you as you lift through your pelvis.
- Send your hips into the air and lengthen through the back of your legs.
- Hold the stretch for 30 seconds.
- Concentrate on slow, deep breaths during this stretch.



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