



Lower Back Pain Exercises



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The following exercises are designed to restore flexibility to the joints in your lower back by lengthening shortened muscles and connective tissue. Proper spinal movement is essential for optimum nervous system function and improved healing and repair.

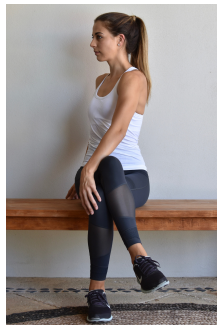
Instructions

1. The following exercises should be performed **1-2x/day**.
2. Hold each stretch for **60 seconds** and repeat **1x/each side** unless otherwise stated. Perform on both sides.
3. You should not feel any pain while performing the stretches so make sure you stretch to your comfort level.

Disclaimer: Please consult your Chiropractor before performing these exercises as they may not be suitable for everyone or may need to be adapted for your individual needs.

Sitting Lumbar Twist

While sitting in a chair twist the body so that you are looking over your shoulder and feel a mild-moderate stretch in the low back.



Low Back Extension

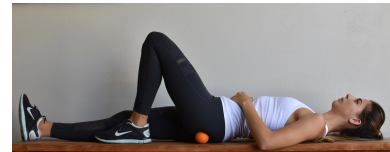
Begin by lying on your stomach, then gently prop yourself up onto your forearms. Make sure your lower back and buttock stays relaxed and pain-free. Hold for **20-30 seconds** and then slowly lower yourself down so that you are lying flat again. Do not perform if you experience any pain.

Progression: extend up onto hands instead of forearms and hold for as long as you are able to.



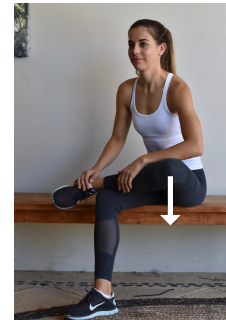
Glute/Piriformis Trigger Point

While sitting or lying place a firm massage ball under the buttock and roll around on it until you find a spot that feels tighter than the rest. Hold the ball on this spot for **30 seconds** or until it starts to ease. Continue to release all areas of tightness.



Piriformis and Glute Stretch (Buttock Stretch)

While sitting on a chair bend the right knee and place the right ankle on the left thigh. If you feel a stretch hold this position. For a deeper stretch gently bend forward from the hips keeping the back straight. You should feel a mild-moderate stretch in the buttock. Repeat on both sides.



Cat Camel Stretch

Begin with both your hands and knees on the floor, with your hands under your shoulders and your knees under your hips. Start to round the hips and arch the low back and hold for **5 seconds** then gently let the stomach drop down towards the ground and arch the low back towards the floor. Hold for **5 seconds**. Repeat **10 times**.

