

BACK STRETCHES

If you have any questions - please let me know at your next visit!
~ Dr. Amanda



HIP FLEXOR STRETCH - LUNGE

Maintain level hips and tuck "tail". Gently step forward into a slight lunge. Be sure to keep knee directly over foot. Feel the stretch through the front of hip and thigh.

5"
hold

5+
reps

2+
x/day



BENT HANG

With feet shoulder width apart and knees slightly bent, bend at your waist and let your arms/neck hang into the stretch. Nod: "yes"/"no" for extra stretch. Breathe. Slowly raise to standing position. Feel the stretch through lower back, shoulders and neck.

5 breath
hold

2+
reps

2+
x/day



DEEP SQUAT STRETCH

With feet slightly wider than hips, slowly lower down into a deep squat. Gently press elbows outward into knees to deepen the stretch. Breathe and relax while holding. Feel the stretch through lower back, inner thigh and calves.

30"-60"
hold

1-2
reps

2+
x/day

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PIRIFORMIS STRETCH - 1

Place your ankle over the opposite knee in a "figure 4" position. Sit up tall. Gently press your knee down until you feel a stretch in your buttock. Hold, repeat, then switch sides.

10"
hold

2-5
reps

2+
x/day



PIRIFORMIS STRETCH - 2

Place your ankle over the opposite knee in a "figure 4" position. Sit up tall. Gently press your knee down then lean forward until you feel a stretch in your buttock. Hold, repeat, then switch sides.

10"
hold

2-5
reps

2+
x/day



PIRIFORMIS STRETCH - 3

Place your ankle over the opposite knee in a "figure 4" position. Gently 'hug' your knee and twist toward your knee until you feel a stretch in your buttock. Hold, switch sides, repeat.

10"
hold

2-5
reps

2+
x/day