

COMMENTS:

Here are a few stretches to help low back pain, weather it's due to tight hip flexors or another reason. Try these 2-3 times a day. Some are easy to do at work!

Having trouble still? Call us at 256-325-2070



Supine Psoas Stretch

While sitting on the edge of the bed or mat table, position the crease of your RIGHT backside on the edge of the bed. Reach underneath your LEFT knee and let yourself slowly lower backwards at a diagonal onto the mattress. Hold the stretch for 30 sec. Repeat 2-4 times, 2/day. □

Switch and perform on the LEFT side.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



Standing Hip Flexor Stretch

- 1) split stance with feet pointed straight ahead
- 2) squeeze the back leg's hip
- 3) bring the arm up, slight bend away and rotate towards the arm up
- 4) avoid the heels coming off the ground and back arching □

Be sure to stretch both sides!

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Times a Day



QR VIEW



QUAD STRETCH- STANDING

While in a standing position, bend your knee back behind and hold the top of your foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. □

Be sure to stretch both sides!

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day



LATERAL TRUNK STRETCH - QUADRATUS LUMBORUM

Stand with your feet in tandem, one foot in front of the other. Lean towards a wall and support yourself using one arm as shown. Next, raise up your opposite arm and bend to the side towards the wall for a stretch to the side of your body.

Repeat 2 Times
Complete 1 Set

Hold 30 Seconds
Perform 2 Times a Day