

Stretches for General LBP

Spinal Twist



Begin by lying on your back with both legs straight in front of you. Next, bend one knee up towards your chest, grasp the outside of your thigh with your opposite hand, and gently begin to pull your knee across your body. Allow your back to twist until you feel a stretch in your back and hip. If comfortable, you can then take your opposite free hand and reach out to the side, looking at your palm. This will intensify the stretch in your back. Hold for 30 seconds and repeat on the opposite side. Perform 3 times each.

Lower Trunk Rotation



Begin by lying on your back with your knees bent and feet flat. Next, begin to move your knees to one side, allowing your back to rotate. Bring your knees as far down towards the floor/bed as you can without pain, hold for 3 seconds, then bring your knees towards the opposite side. Make sure your shoulders stay glued to the floor/bed the entire time. It is okay for your feet to move during this exercise. Repeat 20 times on each side, trying to move slowly and not too quickly.

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Child's Pose/Prayer Stretch *Traditional Version*



While in a tall kneeling position, place your feet together with your knees spread out to the side. Sit down on your heels, then begin to reach your arms forward until you feel a stretch in your low back. Your buttock should remain glued to your heels. Hold for 1 minute, then walk your hands to the right and then to the left, holding 1 minute in each position. Repeat 2 times each.

Child's Pose/Prayer Stretch *Seated Version*



Start in a seated position with your feet flat on the floor and knees out to the side. Begin to bend forward, attempting to reach your hands down to the ground until you feel a stretch in your low back. Your buttock should remain glued to the seat. Hold for 1 minute, then walk your hands to the right and then to the left, holding 1 minute in each position. Repeat 2 times each direction.

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Piriformis Stretch



Begin by lying on your back with both knees bent. Place one heel on your opposite knee, and reach for your knee with your opposite hand. While keeping your low back and tailbone glued to the floor/bed, begin gently pulling your knee towards your opposite shoulder. You should feel a stretch in the outside of your hip/buttock area. Hold for 30 seconds and repeat on the opposite side. Perform 3 times each side.