

# STRETCHES FOR LOWER BACK TENSION

(Routine to be done 2 times a day; in the morning and before going to bed)

These stretches are designed for relief of lower back muscular pain, but are also good for relieving tension in the upper back, shoulders and neck. **DO NOT OVERSTRETCH.** Stretch only as far as is comfortable. The stretching routine is provided for your benefit in achieving and maintaining good spinal health. Stretching is an excellent way for relieving tension of the muscles and this routine should be done on an ongoing basis and in sequence from number 1 to number 11.

This routine should be done in the morning and again at night before you go to bed. The purpose of the stretches in the morning is to prepare the muscles for the activities that you perform during your day. Before going to bed the stretching will assist in alleviating the tension of the muscles and provide a more restful sleep. As with any habit it requires a constant commitment to ensure that these are done. Even when travelling or on holidays the exercises should be done to maintain your good spinal health. Enjoy!

1 30 seconds



2 15 seconds each leg



3 Shoulder blade pinch  
2 times 8 seconds each

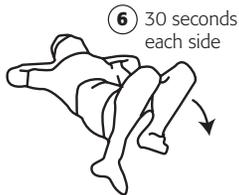


4 Flatten lower back  
2 times 10 seconds each

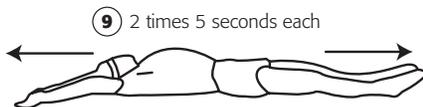
*Do not pull on neck, support only*



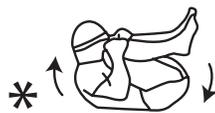
5 3 times  
5 seconds each \*



6 30 seconds  
each side



9 2 times 5 seconds each



10 25 seconds gently rock  
forward and back \*



11 Resting posture  
60 Seconds

1. This stretch involves placing the soles of the feet together and allowing both legs to naturally hang to the sides. Do not push or exert extra strain on the muscles but allow gravity to gently pull the legs apart. This stretch works to stretch out the muscles of the inner thigh, the hips and lower back region. Breathe easily and stretch for 30 seconds.

2. This stretch is designed to stretch the muscles of the lower back by pulling each knee in, one at a time, and holding for 15 seconds. Be careful not to exert excessive pressure on the knee. You can grasp behind the knee instead of on top to facilitate the stretch.

3. The third stretch involves pulling the shoulder blades together. This can be done lying down or sitting. Hold for 8 seconds and repeat.

4. This is a pelvic tilt exercise done by contracting and tightening the abdominal muscles and pushing the lower back flat into the floor, holding for 10 seconds. Do this twice.

5. This exercise is done by contracting and tightening the stomach muscles and pulling forward, supporting the weight of the head. **DO NOT PULL ON THE NECK.** Do this three times, holding for five seconds each time. \*

6. This is done by lying on your back with your knees up and together. Roll the knees gently to one side and hold for 30 seconds. Repeat on the other side.

7. Repeat stretch #1.

8. Repeat stretch #6.

9. Simply stretch the arms and the feet in opposite directions, being careful not to strain the neck region.

10. This is designed to have you gently rock forward and back for 25 seconds. You do not need to rock a great distance but just a small amount. If necessary, just pull both knees in and hold them. \*

11. Resting posture. Can be done on either side. Hold for 60 seconds.

\* Option: You can rest your head on a pillow or cushion if lifting your head causes strain (#5 & 10)