



Stretches & Exercises for Low Back Pain

Single Knee to Chest



Begin by lying with knees bent and feet on the surface. Place your hands behind your thigh on the side you wish to stretch. Pull your knee towards your chest and hold. Repeat with the other leg.

Modified Piriformis Stretch



Begin lying on your back with your knees bent and feet flat on the floor. Cross one leg across the other leg by placing your ankle on the opposite knee. Grasp the knee and slowly and gently pull toward your opposite shoulder. You should feel a stretch deep in your buttock area. Repeat with the other leg.

Lower Trunk Rotations



Lie with both feet placed flat on the supporting surface and knees bent. Keeping your shoulders flat on the surface, allow your knees to slowly fall together to the side, rotating at your lower back as you do so. Return to the starting position and then allow them to slowly fall to the opposite side.

Posterior Pelvic Tilt



Begin by lying on your back with your knees bent and feet flat on the floor. Using your abdominals, gently roll your hips backwards, feeling your low back press downwards towards the floor.