Lumbar Stretches

1



Repeat 3 Times Hold 10 Seconds Complete 1 Set Perform 2 Time(s) a Day

2



Repeat 3 Times Hold 10 Seconds Complete 1 Set Perform 2 Time(s) a Day

3



Repeat3 TimesHold10 SecondsComplete1 SetPerform2 Time(s) a Day

Lumbar Rotations

but no pain.

SINGLE KNEE TO CHEST

Lie on your back and bend

both knees with feet flat on the

floor. Slowly lift one knee and

chest. Only lift the leg until you

gently pull it up towards your

DOUBLE KNEE TO CHEST

Begin laying on your back, with

hands either on top of or under

your knees bent and feet flat

on the ground. Place your

your knees and gently pull

them up towards your chest

until you feel a gentle stretch

feel a gentle stretch, you

should not feel pain.

STRETCH - DKTC

STRETCH - SKTC

Lying on your back with your knees bent, and feet flat on the floor, slowly drop your legs to one side until you feel a gentle stretch and hold. Small motions are ok. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning.

4



Repeat 3 Times Hold 10 Seconds Complete 1 Set Perform 2 Time(s) a Day

PIRIFORMIS AND HIP STRETCH - SEATED

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg/hip/buttock.

Repeat on the opposite side.

5



Repeat3 TimesHold10 SecondsComplete1 SetPerform2 Time(s) a Day

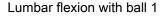
6

7



Repeat5 TimesHold5 SecondsComplete1 SetPerform2 Time(s) a Day





Sit on a solid surface. Place both hands on top of the ball and slowly roll forward until you feel a stretch.



Repeat 5 Times Hold 5 Seconds Complete 1 Set Perform 2 Time(s) a Day

Lumbar flexion and sidebend with ball

Sit on a solid surface. Place both hands on top of the ball and slowly roll to the right until you feel a stretch on the left. Come back up to center. Repeat on opposite side.

Supine piriformis stretch

Lie down on your back and cross your right foot over your left knee. Reach under or over the left knee and pull the left leg toward your body until you feel a stretch in the right hip. Repeat on the other side.