

Low Back Stretches

The following is a quick routine for stretching the pelvis and maintaining mobility.

- Knee to same shoulder. Raise the knee up towards the same shoulder until a comfortable stretch is felt (**NOT PAIN**) and hold for 10 seconds. For patients with knee problems, hold behind the knee to avoid stress on the knee joint.



- Knee to opposite shoulder. As above but the knee is raised towards the opposite shoulder.



- Figure 4 exercise. The thigh is raised so that the heel is next to the opposite knee. The thigh is then dropped outwards until a comfortable stretch is felt in the groin and held for 10 seconds.



- Lumbar Spine Rotational Stretch

Whilst lying on the back, stretch the arms outwards to stop the upper back from moving. Bring both knees up and cross one knee over the other. Using the top leg, pull the lower leg over, allowing the hip to rise off the floor. Pull across until a comfortable stretch is felt in the low back.

