

Exercises for the Lower Back

Total time approx. 15 minutes



INTRODUCTION.

The following exercises are specifically designed to reduce tension in the muscles of the low back along with restoration of proper posture. The entire routine may be done at any time during the day. But to be effective, it must be done on a daily basis.

GENERAL GUIDELINES.

The shaded areas on each diagram indicate the muscles you should feel being stretched or exercised.

Concentrate on doing each exercise slowly and carefully for the full time indicated.

Exhale slowly while doing each exercise. Do not hold your breath.

Repeat each exercise 5/10 times or as recommended by your chiropractor.

Each exercise should be taken to the point that is comfortable. Never overdo it or go beyond the point of pain, as this can lead to injury.

Discontinue any exercise that causes pain or discomfort and consult with your chiropractor.



1) BILATERAL KNEES TO CHEST

Why? To stretch your lower back and buttocks.

How? Gently pull both knees to your chest. Hold for a five Count of 15 seconds. Repeat 5 times.



2) KNEE TO OPPOSITE SHOULDER

Why? To stretch hip, buttocks and low back.

How? Slowly pull the bent knee to your opposite Shoulder, while keeping your other knee bent and your lower back pressed against the floor. Hold for a count of 15 seconds. Repeat each leg 5 times.



3) HIP STRETCH

Why? To stretch the piriformis muscle

How? Lying on your back, hold onto the outside of your ankle with one hand and your knee with the other.

Gently pull the leg as one unit toward your chest until you feel a stretch in the buttock. Hold for a count of 15 seconds. Repeat each leg 5 times.



4) QUADRATUS LUMBORUM AND SACROILIAC JOINT STRETCH

Why? To stretch the lower back and sacroiliac joint.

It is also helpful in relieving sciatic problems of the lower back.

How? Lift the left leg over the right leg and use it to pull the right leg toward the floor. Hold for a count of 15- seconds.

Repeat each leg 5 times.

5) HAMSTRING STRETCH



Why? To stretch the hamstring muscle and strengthen the quadriceps muscle.
How? Slowly bring one knee to chest and straighten it vertically, stretching the heel to the ceiling. Hold for a count of 15 seconds. Bend knee and return foot to floor. Repeat each leg 5 times.

6) PELVIC TILT



Why? To stretch back muscles and strengthen stomach muscles.
How? Press the low back to the floor by slightly lifting the pelvis. Hold for a count of 15 seconds. Repeat 5 times.



7) ABDOMINAL STRENGTHENING

Why? To strengthen the abdominal muscles.
How? Lie on back with knees bent and feet unsupported. Cross arms over chest and curl up to the count of 2 and roll down to the count of 4. If assistance is needed use a rope as indicated in the diagram. Repeat 10 times.



8) Butterfly



Why? To stretch the inner thigh muscles.
How? Grasp ankles and push gently down on legs with elbows, keeping the back straight. Hold for a count of 15 seconds. Repeat 5 times.

9) SQUAT

Why? To release lower back tension.
How? From a standing position with your feet shoulder width apart and toes pointed slightly out, gently squat down keeping your heels flat on the ground. Hold for a count of 15 seconds. Repeat 5 times.



10) FENCER STRETCH



Why? To stretch the hip flexor muscles.
How? While supporting your body weight with your hands allow hips to move toward the floor stretching the groin area. Hold for a count of 15 seconds. Repeat each leg 5 times.

11) CALF MUSCLE STRETCH



Why? To stretch the calf muscle.
How? While supporting yourself against a wall, keep your rear foot flat on the floor. Gently bend your front leg, stretching the calf of your rear leg. Hold for a count of 15 seconds. Repeat each leg 5 times.

12) ERECTOR SPINE STRENGTH



Why? To strengthen the back muscles.
How? Lying face down with hands placed behind lower back, lift the upper torso off the ground. Hold for a count of 15 seconds. Repeat 5 times.