

Low Back Pain Stretching Guide



Single Knee-to-Chest Stretch

- Laying on your back, pull your **right** knee toward your chest.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times.



Single Knee-to-Chest Stretch

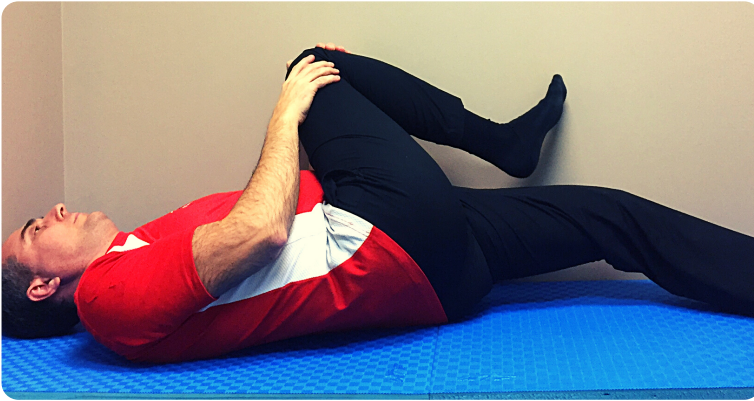
- Laying on your back, pull your **left** knee toward your chest.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times.



Double Knee-to-Chest Stretch

- Laying on your back, pull **both** knees toward your chest.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times.

Low Back Pain Stretching Guide



Angle Knee-to-Chest Stretch

- Laying on your back, pull your **right** knee toward your **left** shoulder.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times.



Angle Knee-to-Chest Stretch

- Laying on your back, pull your **left** knee toward your **right** shoulder.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times.



Piriformis Stretch

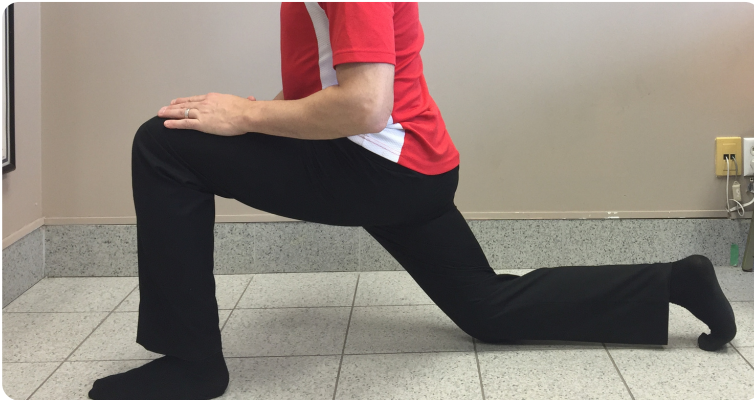
- Laying on your back, cross your **right** foot over your **left** knee.
- Grab your **left** thigh and pull toward your chest.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times. Then switch and do the left side.

Low Back Pain Stretching Guide



Hamstring Stretch

- Laying on your back, pull your **straight leg** toward your chest. **Keep knee straight** at all times.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times. Then switch and do the other leg.



Iliopsoas (Hip Flexor) Stretch

- Place one knee on the floor and the other knee at 90 degrees. **Lunge forward** to stretch the hip flexor.
- Hold for 10 secs.
- Release and rest for 2-3 secs.
- Repeat 3 times. Then switch and do the other hip flexor.



Low Back Extension Stretch

- Start laying flat on your stomach.
- **Raise** your chest to **extend** your lower back and rest on your elbows.
- Hold for 30 secs.
- Release and rest for 2-3 secs.
- Repeat 10 times.