

Lower Back Stretch Program

2 Sets / 10 Reps / 1 s hold



1. Bent-leg body twist variation - restricted mobility of the lower back

Lie on your back in the supine position with your legs bent and your feet flat on the floor.

Extend your arms at a 45 degree angle to your trunk with your palms facing downwards.

Raise your head just off the floor and keep your chin tucked in.

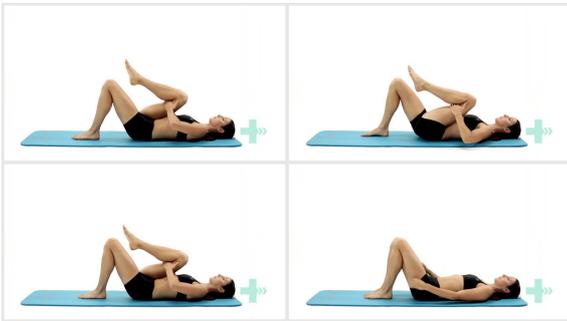
Maintain contact between your knees and feet, and tighten your abdominal muscles for the duration of the exercise.

Now rotate your legs to the left to the limit of your ability, make sure the opposite shoulder remains in contact with the floor throughout the movement.

Move back to the neutral position and repeat, alternating sides for the desired number of repetitions. Do not rotate the legs to a point beyond which the arms and shoulders can no longer maintain contact with the floor.

Perform this exercise in a slow controlled, manner within the range of your mobility.

3 Sets / 3 Reps / 10 s hold



2. LEVEL 1 - PROM hip flexion supine

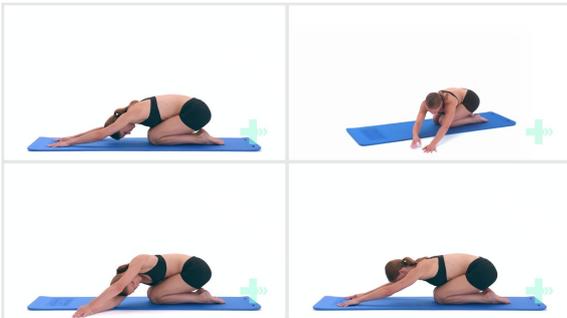
Bend your knees so that the feet are flat on the floor.

Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.

3 Sets / 3 Reps / 15 s hold



3. Child pose with a twist

Kneel on the floor and sit on your heels.

You can place cushions underneath your hips if you need to.

Stretch your arms out in front of you, and walk our hands over to one side.

Keeping your hips over your heels, turn your outer palm to face up, and place the other hand on top.

Arch your outer side up a little as you reach to the side to increase the stretch.

3 Sets / 3 Reps / 15 s hold



4. Hamstring stretch long sitting

Sit upright on a bed or couch.

Place the leg to be stretched straight out on the bed.

Keep the other leg down and the foot on the floor.

Keeping you back straight, lean forwards until you feel the stretch in the back of the leg.

Hold this position.





5. Piriformis stretch in sitting

Start in a seated position.

Cross the symptomatic leg your ankle is resting on, to the opposite knee.

Apply gentle pressure to the knee as you lean forward, increasing the depth of the stretch.

Hold this position, you should feel a comfortable tension with no pain.