



# Low Back Stretching

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View at "www.my-exercise-code.com" using code: EXAJJVK

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## COMMENTS:

NO PAIN should be felt with any of the stretches. Only go until you first feel the stretch, do not pull or push beyond where you first feel it.

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### CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

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

2



### DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

3



### SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 2 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

4



### LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

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

5



### PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

6



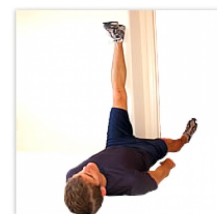
### HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

Keep your knee in a straightened position during the stretch.

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### HAMSTRING STRETCH - WALL

Place a leg up a wall while lying on your back. Your other leg should be positioned with a straight knee and resting on the floor through a doorway or hall.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

8



### STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

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### HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

10



### PIRIFORMIS STRETCH - LONG SIT

Sit with one knee straight and the other bent and placed over the opposite knee.

Then gently turn your body towards the bent knee side.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

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### PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

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### PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.



Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

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### 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.

Repeat 3 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day