

Low Back Stretches

Make sure you also do the hip stretches to take stress off the low back.

1. Feet up on ottoman - one ball or two balls in sock, work along the low back paraspinals.



2. Foam roller on wall



3. Lateral Opener – sit cross legged and reach to the side – quadratus lumborum



4. Lateral opener on ball



5. Cat/Camel



6. Start in quadruped position with legs wide apart. Place arms in front of you on foam roller. Roll forward on the foam roller and let chest sink into ground while stretching chest.



7. Just lie on stomach, on pillows. If it's uncomfortable, progress to no pillows.



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8. Lie on stomach. Then get up on elbows. If tolerated, work toward stacking fists under chin.



9. Mini press-ups



10. Full press-ups - especially if pain shrinks while doing (centralizes)



11. Rotation - just basic to start. On back, in bed with knees bent. More advanced - push down on right knee while knee is rotated to left. Use left arm to push down right knee while keeping right shoulder on ground. Other side - push down on left knee while knee is rotated to right. Use right arm to push down left knee while keeping left shoulder on ground.



(Advanced)

