

Low Back Exercises (Basic)

Passive Stretch



1. Lie back on your back, knees flexed with a small pillow under your neck. Take a deep breath, slowly, fully, expanding your chest, then exhale slowly.
2. Repeat 10 times.

Lying Face Down



1. Lie face down with your arms beside your body and your head turned to one side.
2. Stay in this position, take a few deep breaths and then relax completely for 2 - 3 minutes.
 - a. Make a conscious effort to remove all tension from the muscles in your low back.

Lying Face Down in Extension



1. Begin the exercise by lying on your stomach.
2. Push elbows under shoulders so that you lean on your forearms.
 - a. Keep the body in a straight line.
3. Repeat this exercise for 3 sets of 8 - 12 repetitions.

Knee To Chest Stretch



1. Lie on your back with one leg bent and that foot flat on the floor.
2. Grasp thigh behind bent knee, gradually pulling it to your chest.
 - a. Hold for 10 seconds, repeat 3 times, then switch sides.
3. Then, pull both knees towards the chest.

- a. Hold for 10 seconds, repeat 3 times, 3 times a day.

Pelvic Lift



1. Lie on your back with your knees bent and feet flat on the ground.
2. Slowly raise the pelvis and tighten the gluteal muscle.
3. Hold for 5-10 seconds and repeat 8 - 12 times.

Extension in Lying



1. Place your hands under your shoulders in the press-up position.
2. Straighten your elbows and push the top half of your body up as far as the pain permits.
 - a. It is IMPORTANT that you completely relax the pelvis, hips and legs as you do this.
 - b. Allow the low back to sag.
3. Maintain this position for 10 seconds, repeat 3 times, 3 times a day.

Thigh Extension



1. Lie on your stomach.
2. Raise on leg by first contracting the gluteal muscles, then the thigh, lastly the lower back.
3. Hold position for 5 seconds.
4. Repeat with the opposite leg.
5. Repeat the entire exercise 3 - 6 times, 3 times a day.

Sit - Ups



1. While lying on your back, place the soles of your feet flat on the floor.
 - a. Hands may be placed across the chest or behind the head.
2. Gradually lift shoulder blades four to 5 inches off the floor while contracting the abdominal muscles.
3. Slowly lower shoulders back to the floor.
4. Repeat this exercise for 4 - 10 repetitions, 3 sets.

Quadriceps Stretch



1. Position yourself an arms length from a wall.
 - a. Look straight ahead.
2. Place one hand against the wall.
3. With the other hand, grasp the ankle of your foot on the same side.
4. When you feel the stretch in your thigh, hold for 5 - 10 seconds.
5. Repeat 4- 8 times then switch to the opposite leg.
 - a. Caution: Do not arch your back. Do not twist your back to reach your leg.

Hamstring Stretch



1. Lie on your back with the leg perpendicular to the body.
2. Place the end of the towel in each hand with the middle either around the ankle of the bottom of the foot.
3. Pull the towel gently toward the chest until the muscle becomes taut
4. Hold stretch for 5 - 10 seconds. .
5. Repeat 3 - 6 times on each leg.

Low Back Lateral Flexion



1. Bend over sideways until you feel a stretch on the opposite side you are bending.
2. Hold the position for 10 seconds.
3. Repeat the exercise for the opposite side.
4. Repeat the entire exercise 3 times, 3 times a day.

Low Back Rotation



1. Sit straight in your chair.
2. Turn your upper body to the right side with your arms, hold for 10 seconds.
3. Repeat turning to the opposite side.
4. Repeat 3 times, 3 times a day.

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