

+ ESSENTIAL STRETCHES FOR LOWER BACK

1. LUMBAR ROTATIONS



Lying on your back, reach out with your right arm and cross your right leg over the left. Aim to keep your right shoulder against the floor. Hold for 20 seconds and repeat on the opposite side. This stretch will help to mobilise the lumbar spine and stretch your glutes.

2. PRAYER STRETCH



Kneel down on a mat and sit back onto your heels. Reach forward with both hands and hold for 20 seconds. This will stretch the muscles in your lower back help to decompress the lumbar spine.

3. LUMBAR EXTENSION STRETCH



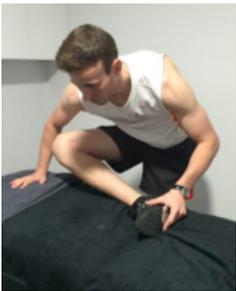
Lying down on your front – use both arms to push your upper body away from the floor. Make sure you keep your hips in contact with the floor. Hold for 20 seconds. This will help with extension of the lumbar spine and assist with realignment of lumbar discs.

4. SLUMP STRETCH



Sitting down with your legs straight in front of you – wrap a towel around your feet. Pull your upper body towards your feet using the towel. Hold for 20 seconds. This will help to stretch neural structures coming from the lower back.

5. GLUTE STRETCH



Standing next to a table or bed - place your right foot, shin and knee onto the table as shown. Lean forward towards your leg to feel a stretch in the buttocks. Hold for 20 seconds and repeat on the left side. This will help improve your lower back and hip flexibility.

6. HIP FLEXOR STRETCH



Place your right knee on the ground, with your left leg out in front of you at a 90 degree angle. Gently push your hips forward, keeping your knee in contact with the ground. Hold for 10 seconds and swap sides. This will stretch your hip flexors and ensure your pelvis can maintain a neutral position.

7. KNEE ROLLS



Lying on your back with both arms out to the side and your knees bent up at 90°. Slowly move your knees to the right keeping your upper body in contact with the floor at all times. Only drop your knees as far as you can go comfortably. Come back to the starting position and then go to the left side. Move continuously to each side 10 times. This exercise will mobilise the joints in the lumbar spine and improve the flexibility of your lower back.

