

Lisburn
CHIROPRACTIC
Clinic

Lower Back Stretches

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Lower Back

The exercises below aim to improve upon the flexibility of the muscles in your lower back.

Proper Technique

- Always stretch the muscles on both sides of your body evenly. Don't stretch one side more than the other side.
- Avoid over-stretching. Never stretch to the point of pain or discomfort. You will feel slight tension or a pull on the muscle when the stretch reaches its peak.
- A stretch should always be done smoothly and slowly. Hold the stretch for about ten to fifteen seconds and release slowly. Never bounce or jerk while doing a stretch, as this can cause injury if a muscle is pushed beyond its stretching ability.
- Flexibility exercises should be relaxing. Deep and even breaths are the key to relaxation. Never hold your breath while you are stretching.

If you feel any pain or discomfort at any time while performing these exercises, stop immediately and seek further advice from Lisburn Chiropractic Clinic.



General Lower Back Stretches

(1) Begin in the kneeling position and slowly stretch forward - bending at the waist - bringing your chest towards your knees. You will feel a stretch in your lower back. Hold for 20 seconds and repeat 3 times.

(2) Kneel on all fours, with your arms straight and your knees in line with your hips. Slowly move your pelvis forward and push your buttocks out so that you create an arch with your back. You will feel the muscles in your lower back tighten. Hold for 10-15 seconds and repeat 3 times.





General Lower Back Stretches

(3) Cat Stretch

Kneel on all fours with your arms straight and knees in line with your hips. Pull your abdominal muscles inward and create an arch with your back. Hold for 10-15 seconds and repeat 3 times.



(4) Lie face down and slowly lift yourself up so that your arms are straight your back forms an arch. Do not overextend your back in this position. Hold for 10-15 seconds.



Strength and Stability Exercises

(5) Kneel on all fours with your knees in line with your hips, abdominal muscles pulled in tight and both arms straight. Slowly raise one arm to shoulder height. Hold for 10-15 seconds and repeat 3 times.



(5b) Begin in the kneeling position and proceed as above. Once your arm is raised and you feel comfortable, slowly lift the leg opposite to your arm. Hold for 10-15 seconds and repeat 3 times.



(6) Cat Stretch

Begin seated with one leg crossed over the other. Rotate your torso in the opposite direction and rest your arm on the bent knee. You will feel a stretch on one side of your spine. Do not rotate your spine excessively. Hold for 10-15 seconds.



(7) Lie on your back with your knees bent. Slowly rotate your spine and gently drop your knees to the floor. You will feel a stretch on one side of your spine. Hold for 10-15 seconds.



(8) Complete your stretch routine by lying on your back and grasping both your knees and gently pulling them towards your chest. Hold for 20 seconds and repeat 3 times.