

Low Back Stretches

Seated Glute Stretch:

1. Have a seat or lay down on your back.
2. Cross the left foot over the right thigh.
3. Lean forward keeping your back as straight as you can.
4. When you feel a stretch, hold for 3-5 belly breaths, (5-10 seconds), then release the stretch.
5. Repeat on the other side.

Repeat on the opposite side.



Standing Hamstring Stretch:

1. Find a chair or stair that you can put your foot up on. If you are unstable make sure you have a railing or chair to hold on to.
2. With your knee slightly bent and keeping your back straight, bend forwards at your hips.
3. Stretch until you feel a gentle pull in the back of your legs, but not discomfort or pain.
4. Hold this position for 3-5 belly breaths (5-15 seconds).

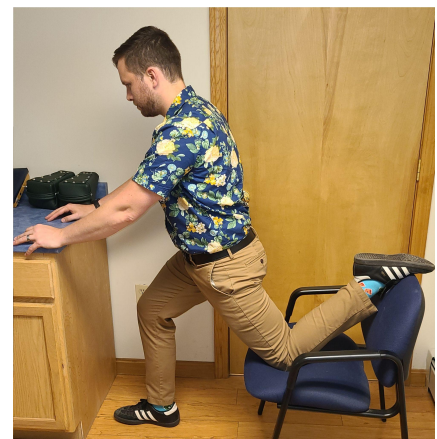
Repeat on the opposite side.



Couch Stretch/ Kneeling Hip-Flexor Stretch:

1. Find chair or bench that you can comfortably hook your foot on.
2. Hold onto a stable object in front of your and place your left knee on a seat resting your foot on the back support.
3. Bring your left foot out in front of you in a lunge position.
4. Engage your glutes and bring your hips forward. This will give you a really deep stretch in the front of your thigh.
5. Hold this position for 5-10 belly breaths.

Repeat on the other side.



Modified Pigeon Pose

1. On your bed, bend your right knee and bring that leg forward resting it on the bed with your arms out wide for support.
2. Square your hips so that they are underneath you.
3. If you feel stable, bring your torso down into a forward bend over your right leg.
4. Hold this stretch to a comfortable tension for about 3-5 belly breathes (5-15 seconds).



Deep Lunge / Lumbar Mobility

1. Start in a push up position with core and glutes engaged.
2. Bring one foot up to the outside of the same side hand, while keeping the spine neutral.
3. When in position, engage the glute to feel a stretch in the opposite front side of the hip.
4. Rock in and out gently, while cycling full inhale and exhale cycles.
5. For an added stretch drive the elbow closest to the front leg into it and while bringing the other hand into the air above your head.

