

## Flexibility (Low Back)

### Quad and Back



#### **Exercise Description:**

Quad and Back

#### **Classification:**

Flexibility (Low Back)

#### **Instructions:**

Starting Position: Start by kneeling on your knees and placing your hands on your lower back or upper hips.

Lean back and push your hands into your hips until a stretch is felt in your low back and thighs.

Hold for the prescribed number of seconds.

### Low Back (lying)



#### **Exercise Description:**

Low Back (lying)

#### **Classification:**

Flexibility (Low Back)

#### **Instructions:**

Lie on your back and bring both your knees to your chest.

Pull on the back of your knees towards your head until you feel a stretch in your back.

### Low Back (cobra)



**Exercise Description:**

Low Back (cobra)

**Classification:**

Flexibility (Low Back)

**Instructions:**

Lie on your stomach in a pushup position.

Pushup with your hands while keeping your hips flat on the floor.

Your back should be in a hyperextended position.

Hold for the prescribed number of seconds and repeat.

**Low Back (seated bent-over)**



**Exercise Description:**

Low Back (seated bent-over)

**Classification:**

Flexibility (Low Back)

**Instructions:**

Sit in a chair and bend forward reaching between your legs. Reach underneath your chair and back until you can feel a stretch in your low back.

**Pretzel Twist**



**Exercise Description:**

Pretzel Twist

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Sit in upright position.
2. Bring your left knee up and place your foot on the other side of your right leg. Now place your right elbow on the outside of your left knee. Gently rotate trunk to side so that body is facing entirely to a side.
3. Hold for 30-40 seconds and repeat according to directions.
4. Remember to keep hips squared.

**Lateral bend with bar**



**Exercise Description:**

Lateral bend with bar

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Stand with a shoulder width stance. Place the toning bar on your shoulders.
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.
3. Hold for the prescribed number of seconds and then repeat to the other side.

**Seated lateral stretch with bar**



**Exercise Description:**

Seated lateral stretch with bar

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Sit on the ground with one leg extended in front of you and the other leg bent so that your foot is on the inside of the other thigh.
2. Holding toning bar overhead bend laterally to the extended legs side.
3. Hold for the prescribed number of repetitions and then repeat to the other side.

**Standing lateral stretch**



**Exercise Description:**

Standing lateral stretch

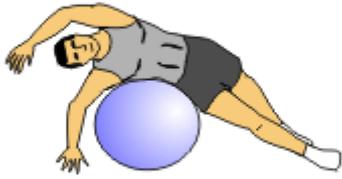
**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by hanging onto a bar with one hand and raising the other hand above your head.
2. Keeping your feet on the ground bend laterally to the side. Do not lean forward or back to accomplish movement.
3. Keeping your body parallel you should feel a stretch on your side.
4. Hold for the prescribed time and repeat with the other side.

**Side Lying Stretch over Stability ball**



**Exercise Description:**

Side Lying Stretch over Stability ball

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on your side with the stability ball just on top and above your hip. Spread your feet apart so that you can balance. Once your balance improves then put your feet together.
  2. Reach over your head and reach towards the floor until a comfortable stretch is felt.
  3. Hold for the prescribed time and then return to the starting position and repeat.
- Switch to the other side and complete prescribed repetitions

**Cobra Stretch**



**Exercise Description:**

Cobra Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie facedown on floor
2. Using forearms, press upper body upward raising the chest keeping hips in contact with floor. Hold for 20-30 seconds. Repeat as prescribed.
3. Keep low back and buttocks relaxed. If pain is experienced in the low back during stretch, discontinue.

**Letter T Stretch**



**Exercise Description:**

Letter T Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on back with right knee drawn toward chest.
2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should remain straight.

**Modified Letter T Stretch**



**Exercise Description:**

Modified Letter T Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on back with right knee drawn toward chest.
2. Slowly bring bent leg across body until a stretch is felt in the lower back and hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders squared and flat on ground at all times. Bottom leg should be bent so that your knees are aligned

**Double Leg Knee to Chest Stretch**



**Exercise Description:**

Double Leg Knee to Chest Stretch

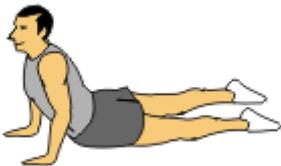
**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on back and place hands behind knees.
2. Pull both knees in to chest until a comfortable stretch is felt in lowervback.
3. Hold for 20-30 15 seconds. Repeat as prescribed.
4. Remember to keep head relaxed on floor.

**McKenzie Press-up Stretch**



**Exercise Description:**

McKenzie Press-up Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie facedown on floor
2. Using arms, press upper body upward raising the chest keeping hips in contact with floor. Hold for 20-30 seconds. Repeat as prescribed.
3. Keep low back and buttocks relaxed. If pain is experienced in the low back during stretch, discontinue.

**Prayer Stretch**



**Exercise Description:**

Prayer Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Hold for 20-30 seconds. Repeat as prescribed.

**Quadratus Lumborum/Lat Stretch**



**Exercise Description:**

Quadratus Lumborum/Lat Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Now slide your hands to the right until a stretch is felt down the side of your torso. Repeat to the left.
4. Hold for 20-30 seconds. Repeat as prescribed.

**Supine Twist Stretch**



**Exercise Description:**

Supine Twist Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on your back on the floor.
2. Gently rotate trunk and legs to side so that your knees are facing entirely to a side.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders on the ground.

**Standing Lateral Bend**



**Exercise Description:**

Standing Lateral Bend

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Stand with legs wider than shoulder width apart.
2. Raise your arms overhead and lean to the side.
3. Make sure that you keep your body parallel and do not lean forward or backwards.
4. Lean until a comfortable stretch is felt in your side.
5. Hold for prescribed time and then repeat to the other side.

**McKenzie Press-up**



**Exercise Description:**

McKenzie Press-up

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by lying face down with your hands in a push-up position.
2. Keeping your hips on the ground press up with your hands until a comfortable stretch is felt in your back.
3. Hold for the prescribed time and then repeat.

**Seated Toe Touch**



**Exercise Description:**

Seated Toe Touch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Sit with your upper body upright and your legs straight out in front of you.
2. Lean forward from the waist and grab your feet.
3. Hold for prescribed time and then repeat.

**Standing Straddle Low Back/Hamstrings**



**Exercise Description:**

Standing Straddle Low Back/Hamstrings

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by standing with your feet spread as far apart as possible.
2. Lean forward and try placing your hands on the ground below or until a comfortable stretch in your low back and hamstrings.
3. Hold for the prescribed time and then repeat.

**Lateral Bend Straddle****Exercise Description:**

Lateral Bend Straddle

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by placing your feet as far apart as possible and your hands overhead.
2. Lean to a side and try to reach ankle with your hand.
3. Remember to keep your body parallel and do not lean forward or backwards.
4. Hold for the prescribed time and repeat to the other side.

**Zercher Good Mornings****Exercise Description:**

Zercher Good Mornings

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Stand in an upright position and place a barbell in the crease of your elbows. Bend your arms to less than 90 degrees to create this crease.
2. Holding the barbell in your arms bend forward at the waist to about 45 degrees.
3. Stand back up to an upright position and repeat. Remember to keep your legs straight throughout the movement.

## Yoga Cat Stretch



### **Exercise Description:**

Yoga Cat Stretch

### **Classification:**

Flexibility (Low Back)

### **Instructions:**

1. Kneel on all fours, knees under hips and hands under shoulders. Spread the fingers out on the floor with palms flat and contract the abs to bring the head, neck and back in alignment.
2. Inhale and tip the sitz bones towards the ceiling while drawing the shoulders back and down away from your ears; look up.
3. Exhale and tuck the chin while pulling your belly towards your spine. Round the back and feel a stretch down your spine.
4. Repeat for 4 to 6 breaths, moving smoothly between each move.

### **Gentle Sun Salutation**



### **Exercise Description:**

Gentle Sun Salutation

### **Classification:**

Flexibility (Low Back)

### **Instructions:**

1. Stand up with toes together, heels apart. Inhale and sweep the arms up overhead. Exhale and fall forward, bend knees if you need to.
2. Place the hands on the floor, your ankles or shins. Inhale and look up, pulling your back up until it is flat. 3. Exhale and fall forward. Inhale and sweep the arms up as you come back to standing position. Exhale and take the arms down.
4. Repeat this series 4 times.

### **Nose to Knee Stretch**



**Exercise Description:**

Nose to Knee Stretch

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Lie on your back and raise one knee up to a perpendicular position.
2. Grab that leg with your hands and proceed to pull yourself up towards your knee as you bring the knee back towards your head.
3. Repeat this movement for the desired repetitions and then repeat with the other leg.

**Lateral Side Bend**



**Exercise Description:**

Lateral Side Bend

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Stand with your feet parallel and shoulder width apart.
2. Keeping your body in a straight line bend to the side and reach for the floor with your hand.
3. Bend only until you reach a comfortable range of motion.
4. Make sure to not bend forward or backward while completing this movement.
5. Repeat for the desired repetitions.

**Standing Hip Extensions**



**Exercise Description:**

Standing Hip Extensions

**Classification:**

Flexibility (Low Back)

**Instructions:**

1. Start by placing your hands on the back of your hips.
2. Slowly shift your hips forward using your muscles and your hands.
3. Only push until a comfortable stretch or range of motion is achieved.
4. Return to the starting position repeat for the desired repetition

