















Low Back Exercises

EXERCISES	REPS AND SETS	SPECIAL NOTES
Hamstring Stretch	Hold for 20 sec Repeat 5-10 times	Keep your back flat.
Hamstring Stretch-Supine		Keep leg straight as you stretch.
Single Knee to Chest	Hold for 5-10 sec Repeat 6-10 times each	Keep back flat and head flat on ground/table.
Double Knee to Chest		
Lumbar Rotation	Hold for 5-10 sec Repeat 6-10 times each	Both shoulders should remain flat on the ground/table.
Lumbar Extension	Hold for 5-10 sec Repeat 6-10 times	Push arms completely straight and keep your hips down.
Piriformis Stretch	Hold for 10-15 sec Repeat 5-10 times	Pull leg up and across. Feel the stretch in the top of the buttocks.
Cat and Camel	Hold each position for 3-5 sec Repeat 6-10 times	Cat-Tighten your stomach muscles as you arch your back. Camel-Tighten your back muscles.
Crunch	10-20 reps 2-4 Sets	Keep hands out in front. Use a slow controlled motion.
Quadriped	Hold for 15-30 Repeat 6-10 each	Draw your stomach in. Keep arm and leg in line with the core.
Prone Hip Extension	Hold for 5-10 sec Repeat 6-12 times each	Squeeze buttock to lift leg. Keep your stomach and chest on the ground/table.
Hip Bridge	Hold for 10-30 sec Repeat 6-12 times	Squeeze gluts and keep back flat. Push through your heels.

LOW BACK EXERCISE DESCRIPTIONS

Hamstring Stretch	
	<ul style="list-style-type: none"> • Place your heel on a slightly elevated step or box. • Reach your hands toward your ankle. • Feel a stretch through the back of your thigh.
Hamstring Stretch - Supine	
	<ul style="list-style-type: none"> • Wrap a strap or towel around your foot, keep both legs straight. • You should feel a stretch through the back of your thigh.
Single Knee to Chest	
	<ul style="list-style-type: none"> • Lie on your back with both leg flat on the floor/table. • Bend one hip and knee up toward your chest and grab it with your hands. • Pull it gently toward your chest.
Double Knee to Chest	
	<ul style="list-style-type: none"> • Lie on your back with both legs flat. • Use your hands to pull both legs up toward your chest.

Lumbar Rotation	
	<ul style="list-style-type: none"> • Lie on your back with your hips and knees bent, feet flat on the floor/table. • Rotate hips and knees to one side as far as you can while keeping arms flat.
Lumbar Extension	
	<ul style="list-style-type: none"> • Lie on your stomach. • Place your palms flat on the floor/table. Push down straightening your arms until your back arches. • Keep your hips down.
Piriformis Stretch	
	<ul style="list-style-type: none"> • Lie on your back, pull one knee up and across your trunk. • You should feel a stretch in your buttock.
Cat and Camel	
	<ul style="list-style-type: none"> • Start on your hands and knees. • Tighten your stomach and tuck your hips under arching your back. • Then, tighten your back muscles, rotating your buttocks up and allowing your back to sag.

Crunch	
	<ul style="list-style-type: none"> • Lie flat on your back with your hands on your thighs. • Slowly slide your hands to your knees by squeezing your abs.
Quadriped	
	<ul style="list-style-type: none"> • Start on your hands and knees. • Keep your back flat and parallel to the floor. • Lift your left arm and right leg at the same time, hold, then switch.
Prone Hip Extension	
	<ul style="list-style-type: none"> • Lie on your stomach. • Squeeze your buttock to raise your leg. • Be careful not to arch the back.
Hip Bridge	
	<ul style="list-style-type: none"> • Lie on your back with your knees and hips bent. • Push down through your heels and raise your hips. • Be careful not to arch your back.