

Low Back Rehabilitative Stretching

Name: _____ Date: _____

1. Please understand that Rehabilitative Stretching is different than standard stretching before exercise.
2. To establish length it is important to stretch multiple times throughout the day.
3. Hold stretches to a count of six, ___ repetitions and do this ___ times per day.
4. Perform all circled stretches above and if at any time significant pain results, stop immediately and report to your doctor.
5. It is important not to bounce while stretching and do not produce pain. Remember to breathe.

1. Single-Leg Knee



2. Double-Leg Knee



1. **Single-Leg Knee Chest:** Start by lying on your back and bring one knee toward your chest; grab and hold. Do this for both legs.
2. **Double-Leg Knee Chest:** Bring both knees toward your chest. At first leave your head on the floor, then as this becomes easier raise your chin to your knees. *If you have knee problems, perform the stretches by grasping your thighs instead of your knees.

3. Glute Stretch



3. **Glute Stretch-Position 1:** Start by lying on your back and bring one leg across the other. Grab the crossed leg knee and ankle and pull. Aim the knee toward the opposite shoulder.
Glute Stretch-Position 2: Maintain Position 1 and lift your other foot off the ground.

4. Piriformis Stretches



4. **Piriformis Stretches-Position 1:** Start by lying on your back and bring one leg across the other. Reach and pull up the opposite leg.

Piriformis Stretches-Position 2: Sitting in chair grab knee and ankle and pull aiming knee to opposite shoulder. Do with low back flexed, extended, and rotated.

5. Old Horse Stretch



5. **Old Horse Stretch:** Relax the abdominal muscles and allow the lower back to sag like an “old horse.”

6. **Catback Stretch:** Place yourself on your hands and knees and slowly round the back while tightening the abdominal and buttock muscles. Arch up like a “cat.”