

# Lower Back

## Basic Back Stretch

1. Sit with one leg straight.
2. Bend the other leg and cross it over the straight leg.
3. Grasp the bent leg with your hands and twist your body towards the bent leg.
4. Hold for five seconds then repeat on the other side.



## Gluteal Stretch

The gluteals and hips are often tight and can contribute to lower back pain.

### Stretch 1

1. Firstly lay face up and bend both knees, keeping feet flat.
2. Grasp one leg just underneath the knee.
3. Pull that leg towards your chest, keeping the other leg flexed.
4. Hold for five seconds and repeat five times.
5. Repeat for the other leg.



### Stretch 2

1. Sit with your legs crossed.
2. Place your arms on the floor in front of you.
3. Keeping your back straight, walk your hands forward to feel a stretch through the back of your legs.



**Stretch Safe!**  
If a stretch hurts,  
stop immediately.

## Iliopsoas Stretch

This will stretch the iliopsoas muscle which joins your hip to your spine. Tightness in this muscle can cause lower back pain.

1. Stand with one foot in front of the other and drop the rear knee to the ground.
2. Make sure your front leg is at 90 degrees.
3. Keeping your back straight move your hips forward.
4. Tighten your stomach muscles to stop your back arching.
5. Hold for 15 seconds.
6. Repeat on the other side.



## Legs

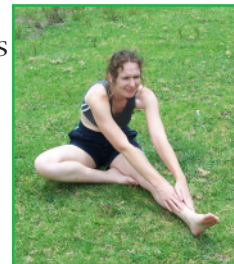
### Quads Stretch

1. Stand feet hip distance apart, facing a wall if you need extra balance.
2. Hold one leg by your foot.
3. Tilt your pelvis forward and feel a stretch down the front of your thigh.
4. Hold for five seconds and repeat three times.
5. Repeat on the other side.



### Hamstrings Stretch

1. Extend one leg and bend the other so the foot rests against your thigh.
2. Lean forward to feel a stretch down the back of the leg.
3. Hold, repeat twice and then stretch the other leg.



## Iliotibial Band Stretch

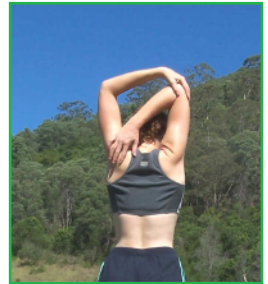
1. Stand in lunge position.
2. Keep your back leg straight and bend the front knee.
3. Now move your back leg across your body so that it is outside the other leg.
4. Keeping your back straight, lean sideways, away from the back leg, to feel a stretch on the outside of the back leg.
5. Hold for 15 seconds and repeat for other leg.



## Shoulders

### Basic Shoulder Stretch

1. Stand feet hip distance apart and raise one arm above your head.
2. Bend your arm and rest your hand on the opposite shoulder.
3. With the other hand take hold of the elbow.
4. Push down and back to feel a stretch around the shoulder joint.
5. Repeat on the other side.



### Scapula Stretch

1. Hold arms in front of you and bend arms with hands pointing upwards.
2. Place elbows together and cross arms so the backs of your hands are together.
3. Keeping your elbows together, push your hands upwards.
4. Hold for 3 seconds and repeat 5 times.

