

LUMBAR STRETCHES



Single/Double Knee to Chest – Begin by pulling one knee to your chest while keeping opposite leg flat on floor. Hold. Switch legs and repeat. Finally, pull both knees to chest.



Lumbar Stretch – Cross one leg over the other at the knee and let both legs fall to the side of the bottom leg. REMEMBER to keep shoulders and upper back flat on the floor. Switch legs and direction, repeat.



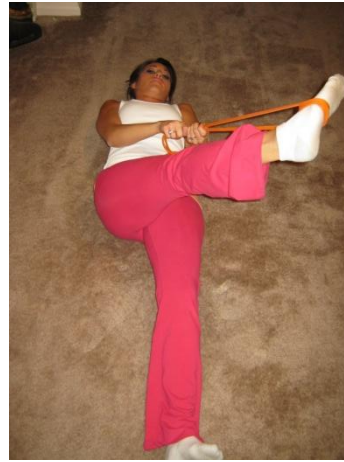
Gluteus (Buttock) Stretch - Cross legs (ankle over knee) and pull to same side shoulder, then pull to opposite shoulder. Use a towel on bottom leg if unable to pull from thigh. Switch legs and repeat.

Perform all stretches daily. Hold each stretch for 30 seconds. Complete 10 repetitions 3-4 times per day.

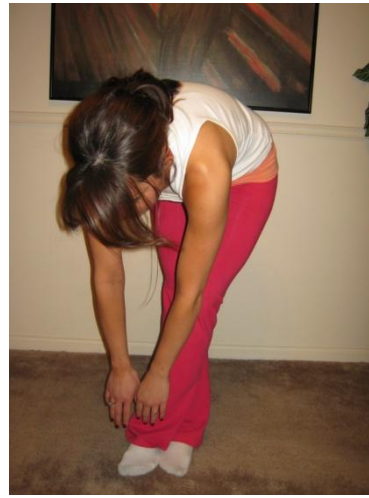
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Cat Back Stretch – On your hands and knees, when you drop your abdomen to the floor remember to lift your head up. When you arch your back towards the ceiling, drop and tuck your chin to chest.



Hamstring / IT Band Stretch – Pull toe towards chest, keep knee locked and flex hip until a pull is felt in the back of the leg just past the knee. Lower the leg slightly, pull the leg across your body's midline and then raise it again. There should be a pulling/stretch along the outside of the thigh. Repeat on opposite leg.



Modified Hamstring / IT Band Stretch – Bend over to touch toes, keeping both knees locked and straight. Then cross your legs and shift over the midline of your body towards the back leg. (in the above example, shift weight to the person's right).

Perform all stretches daily. Hold each stretch for 30 seconds. Complete 10 repetitions 3-4 times per day.