

### **Lumbar Stretching**

Atlantic County Family Spine 506 S. New York Rd Galloway, NJ 08205 609-748-0222



### POSTERIOR PELVIC TILT

Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture). Repeat 3 Times
Hold 15 Seconds
Complete 3 Sets
Perform 2 Times a Day



# SINGLE KNEE TO CHEST STRETCH

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 10 Times Hold 1 Second Complete 3 Sets

Perform 2 Times a Day



# DOUBLE KNEE TO CHEST STRETCH

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 3 Times
Hold 15 Seconds
Complete 3 Sets

Perform 2 Times a Day



### PIRIFORMIS STRETCH

Cross legs, right on top. Gently pull left knee toward chest until stretch is felt in buttock/hip of right leg. For additional stretch, push down gently on right knee. Repeat on both sides.

Repeat 3 Times Hold 15 Seconds Complete 3 Sets

Perform 2 Times a Day

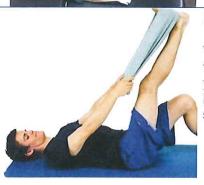


### **LUMBAR ROTATIONS**

Lying on your back with your knees bent, slowly drop your legs to one side and hold the stretch. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning. Complete this exercise for 3 minutes.

Repeat 3 Times Hold 30 Seconds Complete 3 Sets

Perform 2 Times a Day



#### HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg. Calf area. Keep your knee in a straightened position during the stretch

Repeat 3 Times
Hold 15 Seconds
Complete 3 Sets

Perform 2 Times a Day