

# LOW BACK EXERCISES

*If exercises cause pain, please stop and consult your physician.*



POSITIONAL SIDELYING

- LIE ON YOUR \_\_\_\_\_ SIDE.
- BEND TOP LEG, AND STRAIGHTEN BOTTOM LEG.
- CROSS ARMS ACROSS CHEST, AND SLOWLY ROTATE BACK UNTIL A STRETCH IS FELT IN LOWER BACK.
- HOLD 20 SECONDS. REPEAT 5X.



GLUTE SET

- WHILE LYING FLAT, TIGHTEN AND SQUEEZE BUTTOCKS TOGETHER.
- CAN ALSO PERFORM SITTING OR STANDING.
- HOLD 5 SECONDS. REPEAT 10-30X.



SINGLE KNEE TO CHEST

- GRAB KNEE WITH BOTH HANDS AND PULL KNEE TO CHEST UNTIL A STRETCH IS FELT IN THE LOWER BACK AND BUTTOCKS.
- HOLD 20 SECONDS. REPEAT 5X



PIRIFORMIS STRETCH

- CROSS INVOLVED LEG OVER KNEE. GRASP KNEE WITH BOTH HANDS AND PULL TO THE OPPOSITE SHOULDER.
- HOLD 20 SECONDS. REPEAT 5X.



LOWER TRUNK ROTATION

- ROTATE KNEES TO ONE SIDE, WHILE KEEPING SHOULDERS FLAT.
- HOLD, THEN REPEAT TO OPPOSITE SIDE.
- HOLD 20 SECONDS. REPEAT 5X



HAMSTRING STRETCH-SUPINE

- LYING ON BACK, HOLD BEHIND THE KNEE WITH BOTH HANDS.
- EXTEND LEG TO CEILING. PROGRESS TO LEAVING OPPOSITE LEG STRAIGHT ON MAT.
- HOLD 20 SECONDS. REPEAT 5X.

**JPC** JACKSON  
PAIN  
CENTER

J. Edwin Dodd, M.D.

Phone: (601) 355-PAIN (7246)

[www.jacksonpaincenter.net](http://www.jacksonpaincenter.net)