

LOW BACK EXERCISES

LBE1 ()



Pelvic raise: ___ reps ___ sec hold ___ set

Flatten back against floor by pushing your spine downward at your umbilicus
Remember to breathe
Relax low back musculature

LBE2 ()



The Bridge ___ reps ___ sec hold ___ set

Arms and feet flat on floor to stabilize body
Raise slowly
Lower slowly
Don't tuck in chin or over raise hips



Bridging with leg extension: ___ reps, sec hold ___ set ___

Lie on your back with your left knee bent
Extend your right leg and raise your hips
Lower and repeat with left leg extended

LBE3 ()



QL side support on elbow with bent knees: ___ reps, ___ sec hold, ___ set

Align shoulders, spine and hips
Raise hips
Stop when spine is straight and hold

LBE4 ()



Advanced Quadratus Lumborum Stretch ___ reps, ___ sec hold, ___ set

Raise hips while keeping legs straight
Support yourself on your bent elbow forearm flat on the floor

LBE5 ()



Iliotibial Band Stretch: ___ reps, ___ sec hold, ___ set

Cross top leg over in front of bottom leg
Lift bottom hip off of floor
Keep hips in line with the spine

LBE6 ()



Quadrupled Extensions: __ reps, __ sec hold, __ set

Raise slowly/lower slowly
Keep leg even with back
Balance and breathe evenly

LBE7 ()



Abdominal curl: __ reps, __ set

Lie on back with knees bent arms at side
Curl up raising your shoulders off the floor
Feel abdominal muscles tighten,
Breathe. Lower and repeat

LBE8 ()



Trunk Extensions: __ reps, __ sec hold, __ set

Lay flat then raise/Lift both arms keeping feet flat on the floor
Then raise arm and opposite leg
Raise opposite extremities

LBE9 ()



Back Extension Lift: __ reps, __ sec hold, __ set

Lay flat then raise slowly arching lower back
Raise upper body while keeping feet on the ground
Breathe evenly

Stretching Guidelines:

- Always stretch to relax your muscles by focusing on isolating the muscle and your breathing.
- Stretch to tolerance with deliberate focus on relaxing the targeted muscle group.
- Do not stretch to the point of pain because pain tightens muscles and defeats the purpose of stretching.
- Move slowly in and out of your stretches, do not make quick or jerky movements and do not bounce with stretching. Hold your stretches for the instructed amount of time, including reps and sets.
- If you have pain, burning, numbing, tingling or any other ill-effects from stretching, *stop ALL* stretches and home therapy recommended by our office and call Dr. Parks at 336.993.9690