

Basic Lower Back Mobility Exercises

1) Prayer Stretch : to stretch the lower back muscles while promoting safe, controlled movement.



Sit back on your heels and reach forward with your arms overhead. Hold 10 seconds. Repeat 5 times.

Frequency: 3 x Daily

2) Trunk Rotation : to encourage safe rotation of the lumbar spine.



Keep your back flat and feet on the ground. Rotate your knees to one side and hold for 5 seconds. Return to the starting position. Repeat to the other side. Repeat 5 times each side.

Frequency: 3 x Daily

3) Knee to chest : Single and Double - to encourage safe flexion of the lumbar spine.

Single Knee to Chest

Double Knee to Chest



Lie on your back and hold your hands behind one knee. Pull your knee towards your same side shoulder until a comfortable pull is felt in the lower back and / or buttock. Stay relaxed in the shoulders. Hold 10 seconds.

Next, gently pull the knee towards the opposite shoulder . Hold 10 seconds. Repeat each movement with the other knee.

Then pull both knees gently up towards both shoulders at the same time until a slight stretch is felt in the lower back . Hold for 10 seconds.

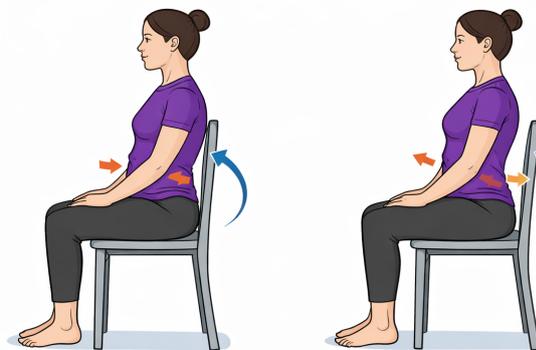
Repeat each of these 5 movements 3 x through. Frequency: 3 x Daily

4) Seated Pelvic Tilt : to encourage safe movement of the lumbar spine.

Flatten your back by gently tightening your abdominal muscles and pressing your lower back against the chair. Hold for 5 seconds.

Slowly tilt your pelvis forward, allowing a small arch to form in your lower back. Hold for 5 seconds.

Repeat this sequence 5 times in a slow, controlled manner.



Stop Exercises If You Experience:

- ✘ Worsening lower back pain
- ✘ Knee pain
- ✘ Pins or Needles

Maristow Chiropractic Clinic

8 Maristow Street, Westbury, Wiltshire, BA13 3DN. 01373 865533

www.maristowchiropractic.com