

Injury Prevention Video Series

Stretches for the Lower Back

These exercises have been selected to help keep our bodies moving well and to prevent injuries. All these movements should be performed in a slow and controlled manner and within a comfortable range of motion. If any of these exercises cause pain or discomfort, please discontinue the exercise.

- **Knee to Chest Stretch**
 - Lie on back, bring knee to chest and hold for 30 seconds, repeat with other knee
- **Seated Lumbar Flexion**
 - Sit on edge of chair or box, bend forward from lower back, drop head, shoulders, and arms between legs and hold for 30 seconds
- **Standing Knee to Chest Stretch**
 - Lift one foot onto chair or box with 90 degree bend of knee and hip, grasp back of the elevated thigh with both hands and pull yourself toward the knee. Hold for 5 seconds and repeat 10 times on both sides.
- **Knee Tuck on Ball (Large Stability/Exercise Ball Needed)**
 - Lie with thighs on the ball in a push up position. Bring knees up to the chest with back arched, return to push up position. Perform 3 sets of 10 reps.
- **Abdominal Brace Stretch**
 - While standing, place fingers around waist, brace core to push fingers outward away from your stomach. Perform 3 sets of 10 reps and use this brace whenever lifting a heavy item.
- **Extended Child's Pose**
 - Kneel on floor, feet together knees apart, sit butt back on heels and reach hands forward as far as possible. Take slow deep breaths while holding stretch for 30 seconds.
- **Prone Trunk Rotations**
 - Lie on stomach with arms in a push up position, lift one leg off the ground and rotate leg (and torso) towards the opposite hand and hold for 5 seconds. Perform 3 sets of 10 reps with each leg.
- **Bretzel**
 - Lie on one side with your hips and shoulders on the floor, bring both legs up to 90 degree angle. Move bottom leg back and up while grabbing your foot with your top hand. Opposite hand holds top knee down to the ground. Now roll shoulders forward to the floor and then open shoulders up so that the chest and head are pointing toward the ceiling. Perform 3 sets of 5 reps on each side.
- **Scorpion Stretch**
 - Lie on stomach with both arms straight out overhead and hands on floor. Lift left foot and rotate over to the right side of floor as far as possible while keeping hands on floor. Repeat with your right foot and perform 3 sets of 10 reps with each foot.