

LOWER BACK EXERCISES

Abdominal Hollowing (3 sets of 10 repetitions daily)

1. Place fingers on each side of your lower stomach. Hollow your stomach until your bellybutton drops straight down towards the floor (make sure the bellybutton doesn't move towards your head or towards your feet). You should feel the sides of your stomach slowly tighten and sag in.
2. Once you can keep the stomach hollowed for a prolonged period and while breathing normally, move on to the next step
3. Hollow your stomach, then slowly slide your right leg along the floor until it is straight. Then slowly bring the leg back to the starting position.
4. Repeat with the other leg



Bird Dog (3 sets of 10 repetitions daily):

Begin on your hands and knees. Draw your bellybutton up towards your spine. Then, while maintaining a tight stomach and a straight back, raise one leg and the opposite arm off the ground. Hold this position for 1-2 seconds and then slowly lower the leg and arm to the starting position then relax your stomach.



Clams (3 sets of 10 repetitions daily):

While lying on your side, slowly rotate your top hip until your knees are approximately 1 foot apart. Hold for 2 seconds, then slowly lower. For increased difficulty, place a resistance band or tubing around knees.



Planks (3 sets, daily):

Brace yourself on your elbows and feet. Keep your back straight and your stomach flat at all times. Maintain this position as long as you can, then rest for 1 minute and repeat twice. Can be performed as a front and/or side plank.



LOWER BACK AND HIP STRETCHES

NOTE:

1. Stretches are to be performed to the point of a mild tightness or discomfort feeling, **NOT PAIN!**
2. Stretches are to be held for 10-20 seconds, and repeated for a total of 3 repetitions.

Hip Flexor Muscle Stretches



Hip Rotator Stretches



Low Back Muscle Stretches



Hamstring Muscle Stretches



Note: The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your health care provider with any questions you may have regarding any medical condition. If any of the above exercises or stretches produces pain, weakness, or numbness/tingling, discontinue and consult a health practitioner to determine whether modifications are necessary.