



Lumbar Stretches

Notes :

Consult with your doctor before attempting any of these exercises.

As with all stretches, you should not stretch to the point of intense pain! A tolerable amount of discomfort should be more than sufficient. You do not want to pull (or tear) your muscles, or be very sore the next day.

1 Passive lumbar extension



Sets: 1 Reps: 10 Freq: 4x/day

Lie on your stomach with your hands next to your face.

Push up with your arms and lift gradually your head then your upper back all the way to your lower back keeping the glutes relaxed and your pelvis against the ground.

Push up until you feel a small discomfort in the lower back lower yourself and repeat.

2 Assisted trunk rotation



Sets: 1 Reps: 10 Freq: 3x / Day

Sit on a chair with your back in neutral position (slightly arched) and your chin tucked in.

Turn your upper body to one side moving at the middle back.

Increase the stretch by pulling yourself with the back of the chair.

Return to the initial position and repeat.

3 Seated lumbar rotation stretch



Sets: 1 Reps: 3 Freq: 3x/day Hold: 20

In a seated position, extend your legs. Bring one foot close to you with the sole of your foot on the floor.

Place one hand behind you and sit tall, and place the other arm against the knee while you rotate from the trunk away from the bent knee.

Make yourself tall to open up the chest and belly.

Hold the position while breathing normally.