

Low Back Basic Training

Stretches:

Single Knee-to-Chest



Hold for 20-30 seconds on each side. If you are not very flexible, a belt can be used under your knee to help pull your leg up.

Double Knees-to-Chest



Hold for 20-30 seconds.

Lumbar Rotation



Start on your back with your knees bent and then let your knees roll to one side slowly. Go as far as you can to each side holding each stretch for 20-30 seconds.

Cat Stretch



Move slowly in and out of these positions. Try to think of moving one vertebra at a time. Hold at the end of each stretch for a few seconds. Repeat at least 5 times.

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Cobra Stretch (good for sciatica)



Beginners can just rest on their elbows. If that feels ok, progress to this upper body press up. Hold for 20-30 seconds.

Piriformis Stretch (good for sciatica)



Start on your back with your knees bent. Cross one ankle over the opposite knee to make a figure 4. Then with both hands, reach through the bent knee and gently pull it towards your chest. Hold for 20-30 seconds. Repeat on the other side. Do multiple sets.

Strengthening Exercises:

Bird Dog



Start on all fours then raise your right arm straight out in front of you while extending your left leg behind you. Hold for 5-10 seconds. Repeat on the opposite side. Do multiple sets. Beginners can start by just raising the arm or by just extending the leg.

Glute Bridge



Start on your back with your knees bent then slowly tighten and raise your buttocks off the floor. Be careful not to hyperextend. Hold for 20-30seconds. Do multiple sets.

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Plank



Try to maintain a straight line from head to feet while propping up on your elbows and toes. Be sure to keep your abs tight. Beginners can rest on their knees. Hold for 20-30 seconds. Do multiple sets.

Side Plank



Try to maintain a straight line while resting on one forearm. Don't let your hips sag. Keep your entire core tight. Beginners can leave lower legs on the floor. Hold for 20-30 seconds. Repeat on the other side. Do multiple sets.

These are the basics for a well-rounded lower back exercise program. There are many others. Master these first. These may be all you need. Be sure to stay well hydrated. Your discs need water.

Finally, I highly recommend WALKING for 20-30 minutes a day. It is one of the best activities for your lower back.

Discontinue any exercise that causes pain