

Low Back Stretches and Postural Exercises



Hamstring stretch: Seated or Standing. For a better stretch, bring your toes toward you hips as far as you can and lean forward as far as you can. /hold for about 10 sec. Repeat 3 times morning and night on each side.



Sciatic Nerve Floss: Start with chin to chest and knees hanging relaxed. Simultaneously, start to straighten your knee, flex your toes and extend your head back and hold for 5 sec. Repeat 3 times morning and night on each side.



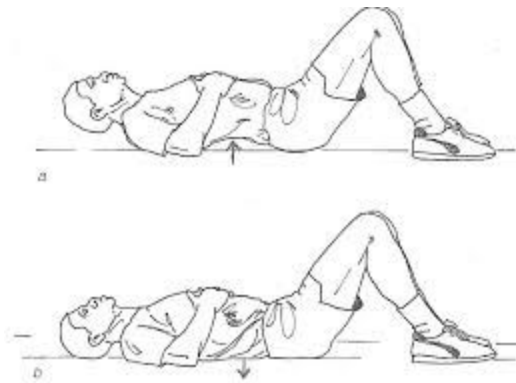
Piriformis Stretch: For a better stretch, if capable, press knee towards the floor and lean farther over your leg. Hold for 10 sec. Repeat 3 times on each side every morning and night. This can be done laying your back as well.



Cat- Cow Stretch: Throughout this stretch maintain deep breathing and imagine pulling your bellybutton into your spine. When back is rounded make sure your head is flexed toward your chin. In each position hold for 3-5 sec and repeat 3 times every morning and night.



Child's Pose: Separate knees slightly and bring your big toes together while pushing your tailbone towards the back of the room and the fingertips reaching to the front of the room. Hold for about 10-15 sec and repeat 3 times morning and night.



Pelvic Tilt: Lying flat on your back on a hard surface. Imagine pulling your belly button through your spine and decreasing that space between your low back and the floor. Hold for 2 sec and repeat 10 times every morning and night.