

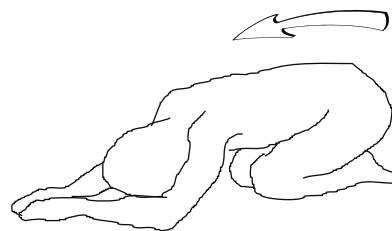
## LOW BACK STRETCH EXERCISES

### Number 1:

1. Gently kneel on the floor with your feet tucked under your buttocks.
2. Slowly lean forward and put your hands palm down on the floor.
3. Bow your head forward and support yourself on your hands & elbows.
4. Now slowly lower your body as near to the floor as you can.

***It should feel stretching but not painful.***

5. Hold this position for a count of 10 to 15 then come back to a kneeling position and rest. (Use your hands to push yourself back up)



Repeat  
times per day

### Number 2:

1. Lie on your back with a pillow under your head
2. Clasp one knee with both hands and gently rock towards your chest 10x
3. Repeat with the other leg 10x.
4. Now bring the knees up separately and rock both knees towards the chest 20x

***It should feel stretching but not painful.***

***If comfortable, hold each position for 10 seconds***

5. Lower the legs back to the floor one at a time in the bent position and pause for a few seconds before sliding them flat separately



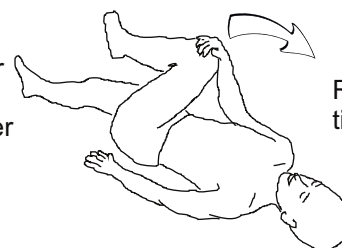
Repeat  
times per day



### Number 3:

1. Lie on your back with a pillow under your head
2. Clasp your left knee with your right hand and pull it towards your right shoulder  
Hold the stretch for 10 seconds and repeat 10 times
3. Now repeat with the other leg, pulling your right knee towards your left shoulder with your left hand. Hold for 10 seconds and repeat 10 times

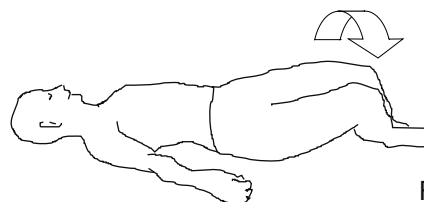
**Don't do this if it causes groin pain**



Repeat  
times per day

### Number 4:

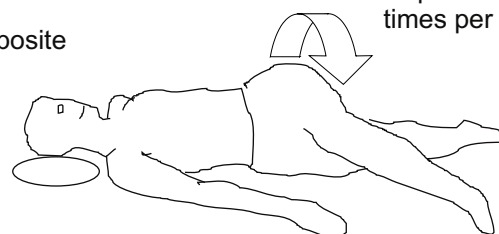
1. Lie on your back with a pillow under your head and knees bent
2. Spread your arms out to either side to stabilise your shoulders
3. Now rock your knees from side to side SLOWLY  
(Your hips can raise off the ground but your shoulders should stay flat)  
**This should only "pull" on the side you are rocking away from**



Repeat  
times per day

### Number 5:

1. Lie on your back with a pillow under your head and legs flat
2. Arms spread out to either side for stability
3. Bend one knee up then twist as if to touch your toes to the floor on the opposite side. Allow the leg to straighten, but keep it relaxed, hold for 10 seconds  
(Your hip will lift off the floor but your shoulders should stay flat)
4. Bend the knee and return to vertical before repeating
5. Then repeat for other side



Repeat  
times per day