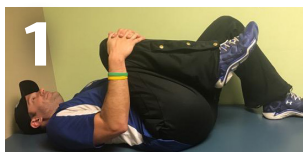


LOW BACK (LUMBAR) & LOWER EXTREMITY STRETCHES

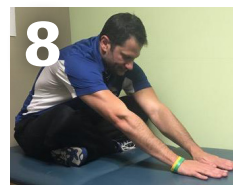
FROM PRATIBHA BANSAL, MD FT. SAMMY IRAQI III, PT OF FAMILY CARE PHYSICAL THERAPY



Perform on both sides.

REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying with your hands clasped over your knee. Pull your knee towards your chest until you feel a stretch in the



REPS: 5 7 days a week
HOLD: 15 seconds

Begin with legs crossed on the floor. Reach towards the center bending as far forward as you can. Slowly bend your head downwards to stretch the low back.



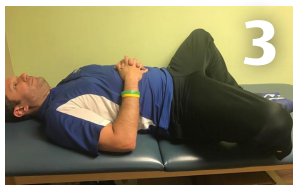
REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying with your hands clasped over your knee. Pull your knee towards your opposite shoulder until you feel a stretch in the buttocks/hip. Perform on both sides.



REPS: 5 7 days a week
HOLD: 15 seconds

Begin with legs crossed on the floor. Reach towards the Right bending as far forward as you can. Slowly bend your head downwards to stretch the low back. Perform on both sides.



REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying on your back. Bring the bottoms of your feet together and let your knees fall to the side until a stretch is felt in the groin/inner hip.



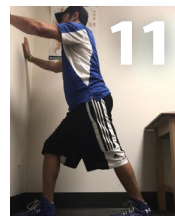
REPS: 5 7 days a week
HOLD: 10 seconds

Begin lying on your stomach. Use your arms to press up without your hips coming off the table. Use the arms to arch the back and once at peak height, extend the head back to increase the degree of stretch.



REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying on your back with knees together. Let your knees fall to the side while keeping your hands clasped behind



REPS: 5 7 days a week
HOLD: 15 seconds

In standing, put one foot behind you keeping the knee straight until you feel a stretch in the calf. To increase the amount of stretch, begin to slowly bend the front knee without picking the heel up on the back foot. Perform on both sides.

your head. Elbows should be touching the floor throughout this stretch. The upper body should stay flat on the floor. A stretch should be felt on the opposite side of the back. Perform on both sides.



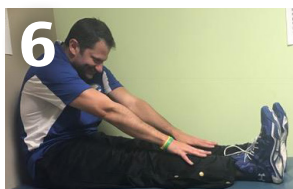
REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying on your back. Use a strap/belt/rope around the foot. Pull your leg up until you feel a stretch in the back of the thigh. If the knee begins to bend you are pulling too far. Do not let the leg bounce. Perform on both sides.



REPS: 5 7 days a week
HOLD: 15 seconds

Begin lying at the edge of your bed or couch. Attach a strap, bed sheet, or belt to your foot with the leg hanging off the side. Pull your foot/ankle towards you until a stretch is felt in the front of the thigh but do not let the knee rise. Perform on both sides.



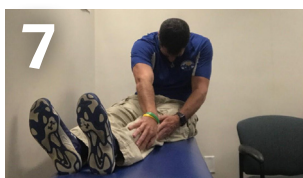
REPS: 5 7 days a week
HOLD: 15 seconds

Begin in a long sit position on the floor with your back against the wall. Reach towards your toes keeping your knees straight until you feel a stretch in the back of the thighs.



REPS: 5 7 days a week
HOLD: 15 seconds

In standing, grab your foot and pull towards your buttock until a stretch is felt in the front of the thigh. Do not lean forward. Keep the back as straight as possible. Perform on both sides.



REPS: 5 7 days a week
HOLD: 15 seconds

Begin in a long sit position on the floor. Reach towards the outside of your Left leg bending as far forward as you can. Slowly bend your head downwards to



REPS: 30 7 days a week
HOLD: 1 second

Begin in sitting. Slouch at your low back, extend your leg out, and bring your head down. Slowly rock your foot/ankle back and forth (flex and extend). DO NOT hold this stretch for longer than one second when the toes are pointing towards you.

stretch the low and mid back. Perform on both sides.

This stretch is for the sciatic nerve which runs from your back to your toes. Repeat on both sides.