

LOW BACK:

Patient Stretch and Exercise Guide

Low Back stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.

Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams.

Contact Dr Leipold's office at if you have problems or questions. You can reach the front office by dialing 828-575-9631.



Seated Flexion



Sitting on a chair, slowly bend your body forward putting your head between your knees and your hands down to the floor. Hold this for 15 seconds, then relax.

Seated Rotation



Sitting on a chair, turn to your right using the back of your chair for support. Hold for 15 seconds, then relax. Repeat, turning to the left

Lateral Flexion



Sit on the floor, with your right hand on the ground beside you for stability. Slowly lean over to the right as you reach your left hand over your head. Hold for 15 seconds, then relax. Repeat, bending to the other side.

Elbow & Straight-Arm Raise



Lying face down, gently extend your low back as you come up onto your elbows. Hold for 15 seconds, then relax. By straightening your arms you can extend your back even more. Hold for 15 seconds, then relax.

Hamstring Stretch



Sitting on the floor, stretch one leg out in front of you. Straighten your leg so that the knee is not bent. Slowly bring your chest down towards your knee until you feel a light stretch in the back of your leg. Hold for 15 seconds, then relax. Do the same thing with the other leg.

One-Leg Extension



Lie face down with a pillow under your lower abdomen. Lift your leg up, hold for 3 seconds and then lower it back to the floor. Repeat with the other leg.

Trunk Extension



Lie face down with a pillow under your lower abdomen. Place your hands behind your back and extend your head and shoulders backwards as you lift your chest up off the floor. Hold for 3 seconds and then lower your chest back to the floor

Crunches



Lie on your back with your knees bent and your hands held lightly behind your head. Slowly bring your shoulders straight up off the ground as you tighten your stomach muscles. Your head should rest gently on your hands and should not be pulled forward. Hold for 3 seconds then relax.

Kneeling Leg Extension

Kneeling on a soft surface, slowly extend your right leg out behind you. Hold for 3 seconds then relax. Repeat with your left leg.



Bird Dog



Kneel down on a soft surface. Slowly extend your right leg back as you stretch your left arm forward. Hold for 3 seconds then relax. Repeat with your opposite arm and leg.

Twisting Crunches



With twisting crunches after you bring your shoulders off the ground slowly twist the left shoulder towards the opposite knee. Hold for 3 seconds then relax. Repeat twisting the other direction.

One-Leg Crossover



Lie on the ground facing up. Slowly bring your left knee up and then gently bring it across your body. Hold this for 15 seconds, then relax. Repeat with the opposite leg.

One & Two Leg Pull-In



Lie on the floor facing up. Slowly bring one knee towards your chest and grasp it with your hands. Pull it close to your chest. Hold for 15 seconds then relax. Repeat with your other knee. Next, try the same motion with both legs at once. Hold for 15 seconds then relax.

The Cat & Camel Exercise



This exercise is a range of motion exercise. You start on your hands and knees on a soft surface and slowly round your back into the position shown in the top image above. Hold that position for 5 seconds and then slowly rotate the pelvis forward until your back is in the saggin position shown in the bottom image above. Hold that position for 5 seconds and then slowly return to the first position. Switch between these two positions 5-6 times.