

Active Health Solutions

Stretches for Low Back Mobility



Make sure you...

- Maintain abdominal bracing/kegel.
- BREATHE.
- Drop down to an easier step if you cannot maintain proper form.
- Do the exercise slowly.
- STOP if pain is aggravated, but muscle burn is OK.

	Repetitions
	Sets
	Second Hold
	Times per day/week



Iliopsoas (Hip Flexor) Stretch

- Place one leg on a chair.
- Extend the hip.
- Reach arm overhead and across.



Glute Stretch

- Seated, cross one ankle over the knee.
- Keep the chest lifted.
- Pull the knee toward the chest.



Piriformis Stretch

- Seated, cross one ankle over the knee.
- Keep the chest lifted.
- Pull the knee toward the chest.



Hamstring Stretch

- Hinge from the hip.
- Keep the back flat.
- Do not lock the knees.